



Subject		Physical Education		
Title/Topic	Format	Length	Date & Lesson	
Paper 1 – 50 marks	Multiple choice, short answer questions on Paper 1 topics	45 minutes	Fri 17 March	
Paper 2 – 50 marks	Multiple choice, short answer questions on Paper 2 topics	45 minutes	Mon 20 March	
Paper 3 – 30 marks	Longer answer questions on Paper 1 and Paper 2 topics	30 minutes	Tue 21 March	

This assessment will test my knowledge on...

Paper 1

- The bones of the skeleton and articulating bones at head/neck, shoulder, chest, elbow, knee, hip, ankle)
- The functions of the skeleton (SSPMMB)
- The structure of synovial joints
- Muscles in the body
- Antagonistic pairs
- Muscle contractions (concentric, eccentric, isometric)
- Joint actions (flexion, extension, adduction, abduction, dorsiflexion, plantarflexion, rotation, circumduction) and the agonist/antagonist for each action
- The pathway of air and gaseous exchange (diffusion)
- Features that assist gaseous exchange
- Blood vessels – structure and function (arteries, veins, capillaries)
- The heart and the cardiac cycle (VAVA lungs VAVA body)
- Heart rate x stroke volume = cardiac output
- The anticipatory rise
- The mechanics of breathing (intercostals, ribs, diaphragm, pressure gradient, muscles that assist) in inspiration and expiration
- Spirometer traces and how the volumes change during exercise
- Aerobic and anaerobic exercise and application to sport
- Recovery after exercise and EPOC
- The immediate, short and long term effects of exercise on the body
- 1st, 2nd and 3rd class levers and mechanical advantage
- Planes and axes of movement

Paper 2

- Physical, mental and social well-being - definitions
- The seven consequences of a sedentary lifestyle



- Obesity and its effects on performance in sport
- Somatotypes and their suitability for different sports or positions
- Energy use and a balanced diet, including how to carbohydrate load
- Reasons for maintaining water balance and the effects of dehydration
- Classification of skills
- Goal setting

What should I do to revise and prepare for this assessment?

To prepare for this assessment:

1. Look through your Paper 1 and 2 booklets and exercise books, making revision notes, flash cards, self-checking definitions as you go.
2. Use GCSE pod videos to revise learnt content and test yourself afterwards.
3. Use past paper exam questions and mark schemes to familiarise yourself with model answers to questions that may be asked.

What useful websites/resources could I use to help me prepare?

GCSE pod.

AQA GCSE PE revision guide (available from the Finance Office).