



| Subject     | PE – year 10 GCSE PE                                    |         |                      |
|-------------|---------------------------------------------------------|---------|----------------------|
| Title/Topic | Format                                                  | Length  | WC                   |
| GCSE PE     | Multiple choice, short answer and long answer questions | 45 mins | 10 <sup>th</sup> Nov |

### In this Advent assessment I will be asked to show I can...

Demonstrate an understanding of:

- Bones, articulating bones at joints
- Types of bone
- Functions of the skeleton
- Synovial joints
- Types of movement
- Muscles
- Types of muscle contraction
- Cardiorespiratory system
- Definitions of health and fitness
- Consequences of a sedentary lifestyle
- Nutrition (including components of a healthy diet, effects of dehydration and carbohydrate loading)
- Somatotypes

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

Review the knowledge organiser tasks in the work booklets and self-test with a partner or parent. Use GCSE Pod to watch video clips to aid revision, completing mind maps and flash cards at home.

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

GCSE Pod.  
The Everlearner on YouTube.