



Subject	GCSE PE		
Title/Topic	Format	Length	WC
Paper 1	Multiple choice, short answer and 1 longer answer	45 mins	8th June
Paper 2	Multiple choice, short answer and 1 longer answer	45 mins	15th June

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

#### Paper 1

- Bones
- Muscles
- Functions of the skeleton
- Synovial joints
- Types of joints
- How muscles work in pairs
- Gaseous exchange
- Blood vessels
- Structure of the heart
- Cardiac cycle
- Pathway of blood
- Stroke volume
- Mechanics of breathing
- Interpretation of a spirometer trace
- Anaerobic and aerobic exercise
- Recovery methods in sport e.g. cool down, ice baths etc.
- Short and long term effects of exercise
- Health and fitness definitions
- Components of fitness – linked to sporting examples
- Fitness testing
- Data collection
- Principles of training
- Types of training
- Injury prevention
- Training seasons (pre, peak and post)
- Warm ups and cool downs



Paper 2

- Skill and ability
- Classifications of skill
- Health fitness and wellbeing – benefits of a healthy active lifestyle
- Consequences of a sedentary lifestyle
- Somatotypes
- Diet
- Manipulation of diet to benefit performance
- Dehydration

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

Read over your notes in the booklets

Complete knowledge organisers at the back of your booklets

Read your AQA revision guide

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



GCSE PE booklets

Revision guides