

Year 10 GCSE PE

End of year exam revision list in order of study:

Component 1 Topic 1.1 - The structure and functions of the musculo-skeletal system

Component 1 Topic 1.2 - The structure and functions of the cardio-respiratory system

Component 1 Topics 1.3/1.4 - Anaerobic and aerobic exercise (1.3); Short and long-term effects of exercise (1.4)

Component 1 Topics 3.1/3.2/3.3 - Relationship between health and fitness (3.1);

Components of fitness (3.2); Principles of training (3.3)

Component 2 Topic 2.2 – Goal setting; SMART

Component 1 Topics 3.5/3.6 - How to optimise training and prevent injury (3.5); Effective use of warm up and cool down (3.6)

Component 2 Topic 3.3 – Ethical and socio-cultural issues in physical activity and sport