



Revision for GCSE PE Exam

You will need to revise every topic you have studied on the GCSE PE course since the start of Year 10, including:

- Applied Anatomy and Physiology (Y10)
- Movement Analysis (Y10)
- Health, Fitness and Well-Being (Y10)
- Physical Training (Y10 – this was covered online during corona and recapped in class)
- Sports Psychology (Y11)

To revise these topics, use the following resources:

1. **CFS PE Revision Packs** – ‘Topic on a page’ & Questions (see PE staff for handout)
2. Your own notes from **your book**
3. The AQA **CGP Revision Guide**
4. The **BBC Bitesize Website** - <https://www.bbc.com/bitesize/examspecs/zp49cwx>
5. SENECA (contact Mrs Potts for logins etc.)

OR!

Write your own questions, for you or a friend!

Focus your revision by writing and then answering three types of question on each topic:

1. AO1-style questions – multiple-choice, definitions, short answers, calculations (*i.e. what are the characteristics of a mesomorph body type*)
2. AO2-style questions – applying your basic knowledge to a sporting example (*i.e. explain how flat bones provide protection in a sporting example of your choice*)
3. AO3-style questions - evaluate, analyse, justify, discuss (*i.e. Discuss the suitability of verbal guidance when teaching at a primary school*)