Y10 GCSE PE – Mock Topic Revision List

Paper 1 – Physical factors affecting performance

Anatomy & Physiology

- **Skeletal system** – location of major bones, functions of the skeleton, synovial joints & movements, role of cartilage, ligaments & tendons.
- **Muscular system** – location of major muscles, antagonistic muscle actions.
- **Movement analysis** – classes of lever (examples of & differences between them), **planes of movement** & **axes** of rotation – identify & examples.
- **Aerobic & anaerobic exercise** – definitions & example of.
- **Effects of exercise on the body** – short-term effects on muscles & skeletal system – including collecting & analysing data.

Physical Training

- **Components of Fitness** – definitions, fitness testing & the importance of components in sport.
- **Principles of & Optimising Training** – applying specificity, progression, overload & reversibility; FITT; types of training, e.g. fartlek, circuit.
- **Warm-up & Cool-down** – parts of and examples of warm-up & cool-down activities; benefits of warming-up & cooling-down.

Paper 2 – Sports psychology & Health & well-being

Sports Psychology

- **Skill** – characteristics of skill, classification (& examples) of open/closed & simple/complex skills.

Health, fitness & well-being

- **Health** – definitions of health & fitness; physical, emotional & social benefits of exercise; physical, emotional & social consequences of inactivity.
- **Diet & Nutrition & Sports Diets** – nutrients and good food sources of each; importance of hydration; components of a balanced diet, athletes diet plans.