GCSE PE – Paper 1 Topics

Paper 1 – Physical factors affecting performance

- **Friday 22nd May (am)**
- **1 hour, 60-mark paper**

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.
- **Respiratory system** – respiratory structure & function, flow of air through the respiratory system, breathing mechanics.
- **Cardiovascular system** – heart structures & function, pathway of blood around heart and heart values response to exercise.
- **Aerobic & anaerobic exercise** – definitions & example of.
- **Effects of exercise on the body** – short-term effects on muscles & CV system; long-term effect on muscles & CV 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.
- **Preventing injury in physical activity** – understand & apply examples of risks of injury in physical activity and how they can be minimised.