

GCSE PE

Students will need to revise topics covered during theory lessons in years 9 & 10 under the following headings in preparation for the yr11 mock:

Anatomy and Physiology - skeletal system, muscular system, cardio-respiratory system, aerobic and anaerobic energy/exercise, effects of exercise

Movement analysis - levers, joint movements, planes and axes of rotation

Training - Health and fitness, components of fitness, fitness testing, principles of training, training thresholds, methods of training

Use www.bbc.co.uk/bitesize/levels/z98jmp3 for revision notes and practice questions GCSE PE