

PE YEAR 10 GCSE

Students will need to revise topics covered previously during theory lessons in years 9 & from the beginning of yr10 under the following headings in preparation for the mock exam:

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, warm-up and cool-down, training seasons.

Use www.bbc.co.uk/bitesize/levels/z98jnp3 for revision notes and practice questions on these topics.