

Year 10 GCSE PE Revision Booklet for Summer Assessment

Please revise the following topics:

Physical Training (P1)	Anatomy (P1)	Socio-Cultural Influences (P2)	Sports Psychology (P2)
<ul style="list-style-type: none"> • Health & Fitness • Components of fitness x 10 • Reasons for and against fitness testing • Fitness Tests x 11 (Describe) • Principles of Training SPORT & FITT • Types of training x 7 • High Altitude Training • Training Zones (Maximum Heart Rate) & 1RM • Prevention of injury x8 • Training Seasons • Stages of Warm up and Cool Down 	<ul style="list-style-type: none"> • Functions of Skeleton • Synovial Joint & 2 others • 17 Bones and 4 Types of Bones • 13 Muscles • 4 pairs of movement • Isometric & Isotonic contractions • Respiratory System • Gaseous Exchange • Mechanics of Breathing • Blood Vessels • Structure of Heart • Cardiac Cycle • Redistribution of blood • Lung Volumes • EPOC / DOMS • Recovery process • Effects of Exercise • Aerobic & Anaerobic exercise 	<ul style="list-style-type: none"> • 5 Social Groupings • 12 Barriers to Participation • Commercialisation • Sponsorship x3 (Impacts) • Media x5 (Impacts) • Technology (Impacts) • Conduct of Performers x4 • PEDs x5 • Prohibited methods x2 • Spectator Behaviour x2 • Hooliganism 	<ul style="list-style-type: none"> • Skill & Ability • Classification of skill x8 • Goal Setting x2 • SMART Targets x5 • Information Processing Model x4 • Arousal (Inverted U) & Managing Arousal • Guidance x4 • Feedback x6 • Aggression x2 • Motivation x2 • Personality Types x2

Year 10 GCSE PE Summer Exam

The exam will be 1 hour 30 minutes long and out of **90 marks**.

The format of the exam paper will be two papers in one. For the first 45 minutes you will complete questions on Paper 1 topics. For the second 45 minutes you will complete questions on Paper 2 topics.

Paper 1 topics (first 45 minutes) will include the following types of questions:

- **Multi-Choice questions**
- **Short answer questions**
- **1 long answer question**

There will be a page in the middle of the exam paper stating where the Paper 2 questions begin.

Paper 2 topics (second 45 minutes) will include the following types of questions:

- **Multi-Choice questions**
- **Short answer questions**
- **1 long answer question**