

GCSE PE FULL COURSE

Topics you will need to learn

Unit 1 Health training and exercise.

- Health, fitness and well-being, and physical activity.
- Physical, mental and social.
- The consequences of a sedentary lifestyle e.g. obesity.
- Diet and nutrition.
- Components of fitness and fitness testing.
- Methods of training.
- Warm up and cool down.
- Principles of training SPORT/V.
- Sedentary/active lifestyle.

Unit 2 Exercise physiology.

- Aerobic and anaerobic energy systems and training zones.
- The muscular-skeletal system.
- The cardio-respiratory system.
- Short term effects of exercise on the body.
- Long term effects of exercise on the body.

Unit 3 Movement analysis

- Muscular contractions and movement.
- Lever system and planes of axis.
- Sports technology.

Unit 4 Psychology of sport and physical activity.

- Information processing and the classification of skills.
- Types of practice and guidance.
- Goal setting, motivation and mental preparation.

Unit 5 Socio-cultural issues in sport and physical activity.

- Participation. PE curriculum, extra-curricular. Role models, peers access and opportunity. Physical literacy.
- Provision. Gender race and disability.
- Performance. Commercialisation and drugs and sport.

Date of the assessment

[Tuesday 24th May 2021](#)

Where can I find resources?

School study zone
GCSE PE YEAR 11



GGCSE PE REVISION TIPS

<https://moodle.pontcomp.co.uk/course/view.php?id=407>

<https://moodle.pontcomp.co.uk/course/view.php?id=531>

How will my mark be calculated?

Unit 1. Written examination 2 hours.

Unit 2. Practical performance from two activities.