

GCSE PE GCSE PE Year 10

COMPONENT 1: APPLIED ANATOMY & PHYSIOLOGY

Assessment in GCSE PE is on the topics below, these topics will be covered in year 10 and will be in the paper 1 exam. Each topic is taught to the group and once the content for the topic has been covered an end of unit exam will be done. During the unit the pupils will be given exam questions and homework on the topic.

At the end of year 10 the pupils will have a full end of year exam on the topics below.

TOPIC 1.1 The structure and functions of the musculoskeletal system

TOPIC 1.2 The structure and functions of the cardiorespiratory system

TOPIC 1.3 Anaerobic and aerobic exercise

TOPIC 1.4 The short- and long- term effects of exercise

TOPIC 2.1: Lever systems

TOPIC 2.2: Planes and axes of movement

TOPIC 3.1: The relationship between health and fitness and the role that exercise plays in both

TOPIC 3.2: The components of fitness, benefits for sport and how fitness is measured and improved

TOPIC 3.3: The principles of training and their application to personal exercise/training programmes

TOPIC 3.4: The long-term effects of exercise

TOPIC 3.5: How to optimise training and prevent injury

TOPIC 3.6: Effective use of warm up and cool down