

## **GCSE PE – Revision guide**

I have highlighted a number of areas that you should pay particular attention to during your revision over the Christmas holidays.

This is not meant to be an exhaustive list but should be used to focus your revision. You should also use the syllabus outline, schemes of work, your text book and of course your class notes. As always – if you have any questions please ask me. Good luck! MPK

### **Revision topics B451**

What are the different possible pathways of involvement in Physical activities

Characteristics of a skilful performance

The impact of your peer group and family on participation in physical activities

Benefits of a warm up

How does access to facilities effect performance? How do socio-cultural factors affect performance?

What are the measures or indicators of health and well being

Components of a healthy diet

How would you evaluate and improve a team mates performance in a chosen sport

Different ways of assessing the bodies readiness for exercise

The role of schools on influencing participation and encouraging a healthy active lifestyle

Goal setting – different types

Training methods - thorough knowledge of all of the different types

### **Revision topics B453**

Different types of Feedback

Learning new skills and the development of fundamental motor skills – How do people learn and develop new skills?

Muscles

Bones

Joints – particularly synovial

Movement analysis – Types of movement

How does a healthy active lifestyle benefit bones and muscles?

Different types of training methods – benefits of each of them

Governing Bodies – For example IOC and BOA

Warm up and cool downs – what are the benefits to the performer

Government initiatives that are aimed at encouraging young people to follow a healthy active lifestyle

Mental Preparation and its benefits