

## **GCSE PE - Revision guide 2011**

I have highlighted a number of areas that you should pay particular attention to during your revision. 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** – *Participating regularly in activity, PE lessons, extra-curricular, external teams/clubs, coaching, officiating, representing higher tier, e.g. county etc. Career,*

**Characteristics of a skilful performance** – *Efficient, predetermined, consistent, Coordinated fluent, successful, learned.*

**Benefits of a warm up** – *increase muscle temp., improve performance, prepare body for exercise, raise heart rate, increase blood supply, mentally prepare, delay onset of LA, increase flexibility, reduce risk of injury, increase oxygen supply to muscles.*

**The impact of your peer group and family on participation in physical activities** – *Positive = personal support, encouragement, advice and education, attend watch, provide transport, play themselves, financial support. Negative = little support / interest, do not watch, poor role model, no financial support, stop participation, no transport, push too hard.*

**What are the measures or indicators of health and well being** – *Satisfaction with life, positive feeling/feels good/ happy mental health, How active are they?, how well they look after themselves, healthy lifestyle, self esteem / pride, lonely, health screening, blood pressure, fitness tests, good sleep patterns, not being poor.*

**Components of a healthy diet** – *Vitamins prevent infections,/illness, helps produce energy, helps metabolism and minerals needed for strong healthy bones, skin, teeth, essential for blood/helps carry oxygen, needed for growth and development.*

**How would you evaluate and improve a team mates performance in a chosen sport** – *Evaluation - Observe perf., take measurements, identify strengths and weaknesses, use peer assessment, self assessment, fitness test, Improvements – Improve by SMART goal setting, encourage support/reward/praise, withdraws reward if fail, role models, practise /teach skills, record progress, educate, improve fitness, mental rehearsal.*

**Different ways of assessing the bodies readiness for exercise** – *Fitness tests, BMI, CV tests, strength tests, muscular endurance, speed, agility, flexibility, power test, visual assessment – do they look ready?*

**The role of schools on influencing participation and encouraging a healthy active lifestyle.** *Part of NC fun / enjoyable, encourage decision making, develop fitness, exam courses, sports days, sports development, external links, outside coaches, equipment/ facilities, sports trips, lead by example, promotional material,*

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

**Goal setting – different types Training methods** - thorough knowledge of all of the different types e.g. circuit training –

### **Revision topics B453**

Different types of Feedback – *Intrinsic, extrinsic, KR, KP, terminal, concurrent, positive and negative.*

Learning new skills and the development of fundamental motor skills – How do people learn and develop new skills? Copying others/modelling, - use practical example., Trial and error, observing others/role models, trying hard, practices/rehearsal, feedback/reinforcement. With a suitable practical example for each.

Muscles – Major ones in body

Bones - Major ones in body

Joints – particularly synovial – synovial fluid – Lubricates the joint, protects the cartilage/prevents injury, no friction, secreted by the synovial membrane, nourishes the cartilage, helps stabilise joint.

Minimising risk of injury - Correct footwear, protective clothing, follow procedures, carry equipment correctly, warm up/cool down.

Movement analysis – Types of movement – (The main movements)

How does a healthy active lifestyle benefit bones and muscles? Increase elasticity of muscles, hypertrophy/strengthens, good range of exercises will develop a range of muscles, less likely to get injured, healthy eating correct nutrients for growth and repair, resting muscles, rehab muscles, increase speed, power, endurance. All with a practical example.

Different types of training methods – benefits of each of them

Governing Bodies – For example IOC Owns rights to Olympic symbol and Games, world body that administers Olympic movement, members are responsible for selecting the host cities/monitor progress of host city's preparations, consider activities included in Olympics. BOA – supplies delegates for National Olympic Committee NOC, Planning and execution of GB' team participation, works with other governing bodies, Not government organisation, dependent on commercial sponsorship, delegates funding.

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 – Healthy living programme, tackle barriers of awareness and healthy living inc. Eating and exercise, 5 a – day fruit and veg, walking to school, simple messages, tops tips for top mums, encouraging children to eat more fruit and veg., Change4Life, partnerships with business to raise awareness, Five choices to help you stay healthy – don't smoke, exercise, eat healthy, lose weight, don't drink too much.

Mental Preparation and its benefits – Helps to control emotions/arousal, more logical decision making/calmer/more focused, cope better with stress/anxiety, helps with concentration, react quicker, increase confidence, increase motivation.

