

### Revision for GCSE PE Exam

You will need to revise every topic you have studied on the GCSE PE course since the start of Year 10, including:

- Applied Anatomy and Physiology (Y10)
- Movement Analysis (Y10)
- Health, Fitness and Well-Being (Y10)
- Physical Training (Y11)
- Sports Psychology (Y11)

To revise these topics, use the following resources:

- Your own notes from **your book**
- The AQA **CGP Revision Guide**
- **Showmyhomework** - you will find all the PowerPoints that I have used this year on Physical Training and Sports Psychology, and I have create similar ones for all the topics that you will have covered last year
- The **BBC Bitesize Website** - <https://www.bbc.com/bitesize/examspecs/zp49cwx>

Focus your revision by **writing and then answering** three types of question on each topic:

1. AO1-style questions – multiple-choice, definitions, short answers, calculations (*i.e. what are the characteristics of a mesomorph body type*)
2. AO2-style questions – applying your basic knowledge to a sporting example (*i.e. explain how flat bones provide protection in a sporting example of your choice*)
3. AO3-style questions - evaluate, analyse, justify, discuss (*i.e. Discuss the suitability of verbal guidance when teaching at a primary school*)

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