

# Year 11 GCSE Revision - Physical Education

Week beginning	Topics for revision	Re-visit work	Suggested activities
30 <sup>th</sup> Jan Week 1 2 Lessons	<p><b>1.1.2 Influences on your healthy, active lifestyle;</b></p> <p><b>people:</b> family, peers, role models</p> <p><b>image:</b> fashion, media coverage</p> <p><b>cultural:</b> age, disability, gender, race</p> <p><b>resources:</b> access, availability, location, time</p> <p><b>health and wellbeing:</b> illness, health problems</p> <p><b>socio-economic:</b> cost, perceived status of the activity</p> <p><b>CHIPS-R</b></p>	<p>Briefly recap benefits &amp; reasons for participation.</p> <p><b>Questions to think about from the topics this week?</b></p> <p>Can you identify key influences that have an impact on them, and others, achieving sustained involvement in physical activity?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
6 <sup>th</sup> Feb Week 2 3 Lessons	<p><b>1.1.2 Explain opportunities</b></p> <p><b>Different roles</b></p> <p><b>Participation Pyramid</b></p> <p><b>Different organisation</b>                      Sport England                      Youth Sports Trust                      NGB</p>	<p>Briefly recap Influences on participation.</p> <p><b>Questions to think about from the topics this week?</b></p> <p>Explain the opportunities available to become, or remain, involved in physical activity in a range of roles?</p> <p>Explain the sports participation pyramid with regard to the foundation, participation, performance and elite stages</p> <p>Describe the common purposes of initiatives developed to provide opportunities for becoming, or remaining, involved in physical activity?</p> <p>Identify agencies involved in the provisions of opportunities for becoming, or remaining, involved in physical activity?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>

<p>13<sup>th</sup> Feb</p> <p>Week 1</p> <p>2 Lessons</p>	<p><b>1.1.3</b>  <b>Explain the terms:</b>  Health  Fitness  Exercise</p> <p><b>Components of health-related exercise:</b>  Cardiovascular fitness  Muscular strength  Muscular endurance  Flexibility  Body composition</p> <p>FaceBook Makes Me Cry</p> <p><b>Components of skill-related fitness:</b>  Agility  Balance  Coordination  Power  Reaction time  Speed</p> <p>CRABS-P</p> <p>Relate the importance of each component to a sporting example</p>	<p>Briefly revisit  Opportunities  Roles  Participation Pyramid  Different organisations</p> <p><b>Questions to think about from the topics this week?</b></p> <p>Explain the terms, Health, Fitness and Exercise?</p> <p>Describe and explain the 5 components of health related exercise?</p> <p>Use acronym  FaceBook Makes Me Cry</p> <p>Describe and explain the 5 components of skill related fitness?</p> <p>Use acronym  CRABS-P</p> <p>Can you relate each component of both HRE and SRF to a physical activity, identifying the relative importance of each one to different physical?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>20<sup>th</sup> Feb</p> <p><b>HALF TERM</b></p>			<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>27<sup>th</sup> Feb</p> <p>Week 2</p> <p>3 Lessons</p>	<p><b>1.1.4</b>  <b>PAR-Q</b>  <b>Fitness Tests</b> and their relationship to component being tested</p>	<p>Briefly recap components of Health and Fitness</p> <p>FaceBook Makes Me Cry</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p>

	<p>Importance of goal setting</p> <p><b>SMART Targets</b></p>	<p><b>CRABS-P</b></p> <p><b>Questions to think about from the topics this week?</b></p> <p>What is a PAR-Q?</p> <p>Explain each fitness test and explain what component of fitness it is measuring?</p> <p>Discuss the use of target setting (SMART targets) to improve performance?</p>	<p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>6<sup>th</sup> March</p> <p><i>Week 1</i></p> <p><i>2 Lessons</i></p>	<p><b>1.1.4 Describe, explain and apply the principles of training:</b></p> <p>Progressive overload</p> <p>Specificity</p> <p>Individual differences</p> <p>Rest and recovery</p> <p>FITT Principle</p> <p>Reversibility</p>	<p>Briefly recap PAR-Q</p> <p>Testing</p> <p>Goal setting / SMART Targets</p> <p><b>Questions to think about from the topics this week?</b></p> <p>Discuss, using examples, how the principles of training can improve the fitness of a group of GCSE PE students?</p> <p>How would you apply the FITT principle as part of a training programme?</p> <p>Explain how principles of training are applied to a 6 week PEP?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>13<sup>th</sup> March</p> <p><i>Week 2</i></p> <p><i>3 Lessons</i></p>	<p><b>1.1.4 Describe the following methods of training:</b></p> <p>Interval</p> <p>Continuous</p> <p>Fartlek</p> <p>Circuit</p> <p>Weight</p> <p>Cross</p> <p>Explain how they can improve health and fitness</p>	<p>Briefly recap principles of training</p> <p><b>Questions to think about from the topics this week?</b></p> <p>Describe and explain different methods of training and discuss the advantages and disadvantages of using them?</p> <p>Can you give examples of specific sports that would use certain methods of training?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p>

	<p>With specific examples and references to sports</p> <p>Explain how principles of training are used in different training methods.</p> <p>Heart rate zones</p> <p>Aerobic and Anaerobic activity</p>	<p>Can you link methods of training to anaerobic and aerobic activity?</p> <p>What is the purpose of a warm up and cool down, explaining the correct way to warm up?</p> <p>Do you understand what is meant by resting heart rate, working heart rate and recovery rates, and be able to plot examples on a graph and evaluate?</p>	<p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>20<sup>th</sup> March</p> <p>Week 1</p> <p>2 Lessons</p>	<p><b>1.1.5 Diet</b></p> <p>Explain the importance, and use, of macro nutrients (carbohydrates, fats and protein), micro nutrients (minerals and vitamins), water and fibre for personal health and wellbeing, and maintaining a healthy, active lifestyle</p> <p>Explain the need to consider the timing of dietary intake when performing due to the redistribution of blood flow (blood shunting) during exercise.</p>	<p>Briefly recap Training Methods</p> <p><b>Questions to think about from the topics this week?</b></p> <p>Discuss why an elite sports performer will make sure they eat a balanced diet?</p> <p>Explain the need to consider the timing of dietary intake when performing due to the redistribution of blood flow (blood shunting) during exercise?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>27<sup>th</sup> March</p> <p>Week 2</p> <p>3 Lessons</p>	<p><b>1.2.1</b></p> <p>Explain the different <b>body types (somatypes):</b> endomorph, mesomorph and ectomorph and explain the effect each can have on participation and performance, including identifying activities where different body types are an advantage.</p> <p>Optimum Weight</p> <p>Weight related conditions</p>	<p>Briefly recap diet</p> <p><b>Questions to think about from the topics this week?</b></p> <p>Describe the different body types (somatypes): endomorph, mesomorph and ectomorph and explain the effect each can have on participation and performance, including identifying activities where different body types are an advantage?</p> <p>Outline why, and how, expected and optimum weight varies according to height, gender, bone structure and muscle girth, and explain how this may affect participation, and performance, in physical activity?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p>

	<p><b>Performance Enhancing Drugs</b> (anabolic steroids, beta blockers, diuretics, narcotic analgesics, stimulants, peptide hormones – including erythropoietin/EPO)</p> <p>recreational (alcohol, nicotine/smoking)</p> <p>Health risks associated with these drugs</p>	<p>Explain the terms: anorexic, obese, overfat, overweight and underweight and explain how they may impact on achieving a sustained involvement in physical activity?</p> <p>Describe the effects of smoking and alcohol on general health and on physical activity?</p> <p>Describe each category of performance enhancing drugs using examples of the sportspeople that would use them?</p> <p>What are the health risk for each individual performance enhancing drug?</p>	<p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>3<sup>rd</sup> April</p> <p>Week 1</p> <p>2 Lessons</p>	<p><b>1.2.2 Cardiovascular System</b></p> <p>Immediate and short term effects of the cardiovascular system</p> <p>Effects of regular participation And effects of long term participation on the cardiovascular system</p> <p>Importance of rest and adaptations for the cardiovascular system</p> <p>Effects of diet/lifestyle on the cardiovascular system.</p>	<p>Briefly recap somatotypes drugs in sport</p> <p><b>Questions to think about from the topics this week?</b></p> <p>What are the immediate and short-term effects of participation in exercise and physical activity on the cardiovascular system?</p> <p>What are the effects of regular participation in – and long-term effects of participation in – exercise and physical activity on the cardiovascular system?</p> <p>Define: Cardiac output Stroke volume Blood vessels Cardiac hypertrophy Blood pressure (Systolic/Diastolic)</p> <p>Why is rest so important when working on increasing cardiovascular fitness?</p> <p>What does the word adaptations mean?</p> <p>What are the effects of lifestyle on the cardiovascular system?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>10th April</p> <p><b>EASTER</b></p>	<p>Monday 10<sup>th</sup> April Revision 10am -1pm</p>		<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p>

			<p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>17<sup>th</sup> April</p> <p><b><u>EASTER</u></b></p>	<p>Thursday 20<sup>th</sup> April</p> <p>Revision 10am – 1pm</p>		<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>24<sup>th</sup> April</p> <p>Week 2</p> <p>3 Lessons</p>	<p><b>1.2.3 Respiratory System</b></p> <p>Immediate and short term effects of the respiratory system</p> <p>Effects of regular participation and effects of long term participation on the respiratory system</p> <p>Effect of lifestyle on the respiratory system</p> <p><b>1.2.4 Muscular System</b></p> <p>Major muscle groups and their roles – antagonistic pairs</p>	<p>Briefly recap cardiovascular system</p> <p><b>Questions to think about from the topics this week?</b></p> <p>What are the immediate and short-term effects of participation in exercise and physical activity on the respiratory system?</p> <p>What are the effects of regular participation in – and long-term effects of participation in – exercise and physical activity on the respiratory system?</p> <p>What effect do recreational drugs have on the respiratory system?</p> <p>Define:</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p>

	<p>Immediate and short term effects of the muscular system</p> <p>Effects of regular participation and effects of long term participation on the muscular system</p> <p>Potential injuries</p> <p>Rest / Adaptations</p> <p>Diet</p> <p>Performance enhancing drugs</p>	<p>Oxygen debt Lung capacity/volume Vital capacity</p> <p>What are the 11 muscles you need to know?</p> <p>What is the roles using a sporting example for each of these muscles?</p> <p>What are the immediate and short-term effects of participation in exercise and physical activity on the muscular system?</p> <p>What are the effects of regular participation in – and long-term effects of participation in – exercise and physical activity on the muscular system?</p> <p>What components of diet would aid the development of muscle growth and why?</p> <p>What performance enhancing drug may a performer most likely use in order to gain an unfair advantage?</p>	<p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>1st May</p> <p>Week 1</p> <p>2 Lessons</p>	<p><b>1.2.5 Skeletal System</b></p> <p>Function of the skeleton</p> <p>Range of movement at the knee/elbow &amp; shoulder and hip</p> <p>Effects of regular participation on the skeletal system</p> <p>Importance of weight bearing exercise</p> <p>Skeletal Injury or conditions</p> <p>Influence of diet on the skeletal system</p>	<p>Briefly recap respiratory system &amp; muscular system</p> <p><b>Questions to think about from the topics this week?</b></p> <p>What is the role of the skeleton?</p> <p>What are the 5 range movements that can occur at a joint?</p> <p>What range of movement can be seen at a hinge joint and give an example?</p> <p>What range of movement can be seen at a ball and socket joint and give an example?</p> <p>What is the importance of a weight-bearing exercise?</p> <p>Give an example of a non-weight bearing exercise?</p> <p>What are the potential injuries that may take place to the skeletal system?</p> <p>How could you treat a strain or sprain?</p> <p>How can diet influence the skeletal system?</p>	<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-4pm Revision Session</b></p>
<p>8th May</p> <p>Week 2</p> <p>3 Lessons</p>	<p>Exam Technique</p>		<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p>

			<p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">ion%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>Friday 3-5pm Revision Session</b></p>
<p>15<sup>th</sup> May</p> <p><i>Week 1</i></p> <p><i>2 Lessons</i></p>	<p>Unit 1: The Theory Of Physical Education</p> <p>Exam Friday 19<sup>th</sup> May 1pm</p> <p>1 hour 30 minutes</p>		<p><b>The GCSE Specification</b></p> <p><a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf</a></p> <p><a href="http://www.bbc.co.uk/schools/gcsebitesize/">http://www.bbc.co.uk/schools/gcsebitesize/</a></p> <p><a href="http://www.s-cool.co.uk/gcse/pe">http://www.s-cool.co.uk/gcse/pe</a></p> <p><a href="http://revisionworld.co.uk/gcse-revision/pe-physical-education">http://revisionworld.co.uk/gcse-revision/pe-physical-education</a></p> <p>Use of podcasts on reference drive</p> <p>Edexcel GCSE Physical Education Student Book</p> <p>Pearson Revision Guide and Revision Workbook</p> <p>Use revision tools on school website and PE reference drive</p> <p><b>THURSDAY 3-5pm Revision Session</b></p>