

Subject	Topics being assessed	Key revision points	Ways you can support you child in revising/suggested revision activities
GCSE PE	Anatomy and Physiology	<ul style="list-style-type: none"> <li>• Body systems; cardiovascular, respiratory, muscular and skeletal.</li> <li>• Movement analysis; levers.</li> <li>• Components of fitness and fitness testing.</li> <li>• Principles of Training.</li> <li>• Training methods.</li> <li>• Risk Assessment; Warm up, cool down, hazards.</li> </ul>	<p>Encourage your child to use the revision checklists and revision guides provided by their teacher</p> <p>They should also complete the practice exam questions they have been given and re-read their class booklets and make annotations using them to make revision notes.</p> <p>Other revision activities they could do include:</p> <ul style="list-style-type: none"> <li>• Test themselves using the revision flash cards we have provided</li> <li>• Label the body systems</li> <li>• Create training programme to improve a particular component of fitness.</li> </ul>
	Socio-Cultural Factors	<ul style="list-style-type: none"> <li>• Engagement in sport (Reasons, benefits, barriers).</li> <li>• Commercialisation (Media, sponsorship – golden triangle relationship).</li> <li>• Ethical issues in sport.</li> <li>• Skills (Characteristics and Skill classification).</li> <li>• Mental Prep techniques; imagery, mental rehearsal and selective attention.</li> <li>• Guidance and feedback.</li> <li>• Diet and nutrition (Hydration).</li> <li>• Health and Fitness.</li> </ul>	<p>Encourage your child to use the revision checklists and revision guides provided by their teacher</p> <p>They should also complete the practice exam questions they have been given and re-read their class booklets and make annotations using them to make revision notes.</p> <p>Other revision activities they could do include:</p> <ul style="list-style-type: none"> <li>• Test themselves using the revision flash cards we have provided <ul style="list-style-type: none"> <li>• Write up examples of where and when mental preparation is used.</li> <li>• Make notes on ethical issues (Drug use in sport, deviance and gamesmanship).</li> <li>• Create a diet for a day for an athlete of your choice.</li> </ul> </li> </ul>