

Kibworth GCSE PE Revision Plan

The Night before the Big Day!

In the build up to your GCSE PE examinations, it is crucial you utilise the night before your exam in the most effective way possible. Use the plan below to help you prepare for **Paper 1**.

Tuesday evening – 2 hours 30 minutes revision

0 – 10 minutes: List as many bones and muscles as you can and annotate their location in the body.

10 – 15 minutes: Write the 6 functions of the skeleton and note down the 4 joints and 2 joint types.

15 – 20 minutes: Answer the following exam question: Explain how the muscular and skeletal system work together to produce movement. (4 marks)

20 – 30 minutes: Take a break!

30 – 40 minutes: Write out the pathway of air in the correct order and then describe the process of gaseous exchange.

40 – 50 minutes: Review the pathway of blood through the heart and around the body. Remember, we have a double circulatory system. What does this mean?

50 – 60 minutes: Answer the following exam question – Describe the vascular shunt process. (4 marks)

60 – 70 minutes: Take a break!

70 – 80 minutes: List all the short and long-term effects of exercise. Match them up to the correct body system (skeletal, cardiovascular, muscular, and respiratory)

80 – 90 minutes: List all the ways to reduce risk/injury during physical activity.

90 – 100 minutes: Answer the following exam question – Explain why it is important to cool down following exercise? (4 marks)

100 – 110 minutes: Identify the 3 classes of lever, using practical examples for each lever. Draw them out.

110 – 120 minutes: Apply each plane and axis to a practical example.

120 – 130 minutes: List all components of fitness and match them up to a fitness test, as well as a training method that would improve each component.

130 – 150 minutes: Plan and answer the following exam question: *Discuss the importance of training principles when planning a 6 week training programme. (6 marks)

GOOD LUCK!

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In the build up to your GCSE PE examinations, it is crucial you utilise the night before your exam in the most effective way possible. Use the plan below to help you prepare for **Paper 2**.

Thursday evening – 2 hours 30 minutes revision

0 – 10 minutes: Define skilful movement & list its characteristics. Apply 3 practical examples to the skill classification continuums.

10 – 15 minutes: Goal setting can be used for athletes to adhere to exercise, motivate performers and improve or optimise their performance. Write a SMART goal for a hockey goalkeeper.

15 – 20 minutes: Answer the following exam question: Describe a strategy to address gender inequality and raise the participation of women in sport. (2 marks)

20 – 30 minutes: Take a break!

30 – 40 minutes: Write out the strategies to increase participation and give practical examples for each.

40 – 50 minutes: Explain the terms sportsmanship, gamesmanship and deviance. Use practical examples in your answer.

50 – 60 minutes: Answer the following exam question – Describe four factors that may pose a barrier to participation in physical activity and sport. (4 marks)

60 – 70 minutes: Take a break!

70 – 80 minutes: List all the 4 types of guidance and the 6 types of feedback.

80 – 90 minutes: List all 4 mental preparation techniques that help an athlete cope with high levels of stress and anxiety.

90 – 100 minutes: Answer the following exam question – Why does age and disability negatively influence participation in sport? (4 marks)

100 – 110 minutes: Define commercialisation and draw out the golden triangle.

110 – 120 minutes: Write a list of all the reasons for player violence in sport.

120 – 130 minutes: Draw out & complete the following table.

	Positive effects	Negative effects
Influence of sponsorship on the commercialisation of sport	E.g. Increased funding	E.g. Pressure of sponsor demands
Influence of media on the commercialisation of sport	E.g. Increases participation	Controls sport too much. Rule changes.

130 – 150 minutes: Plan and answer the following exam question: * Evaluate the use of anabolic steroids and stimulants for a rugby player. (6 marks)

GOOD LUCK!