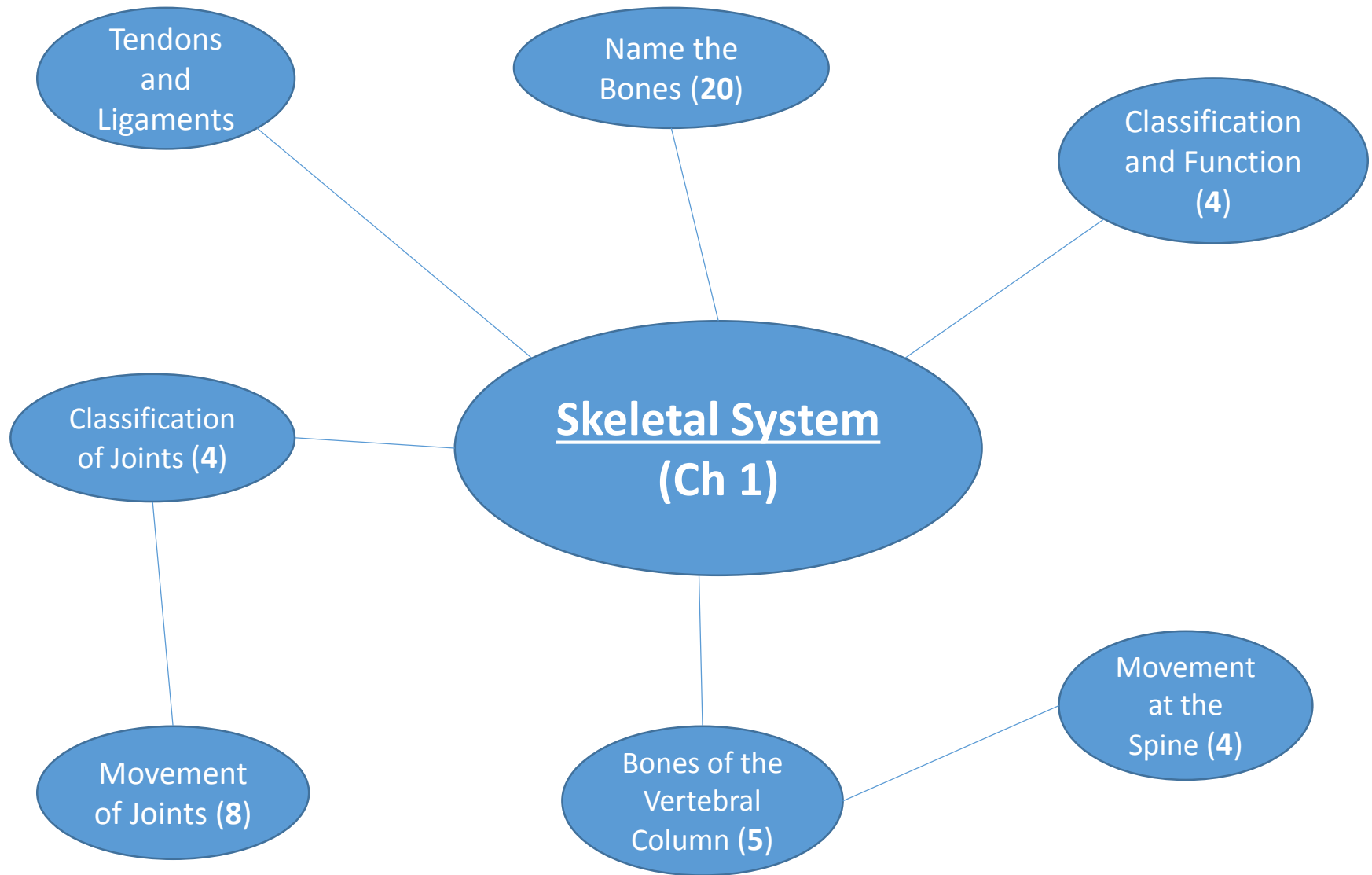
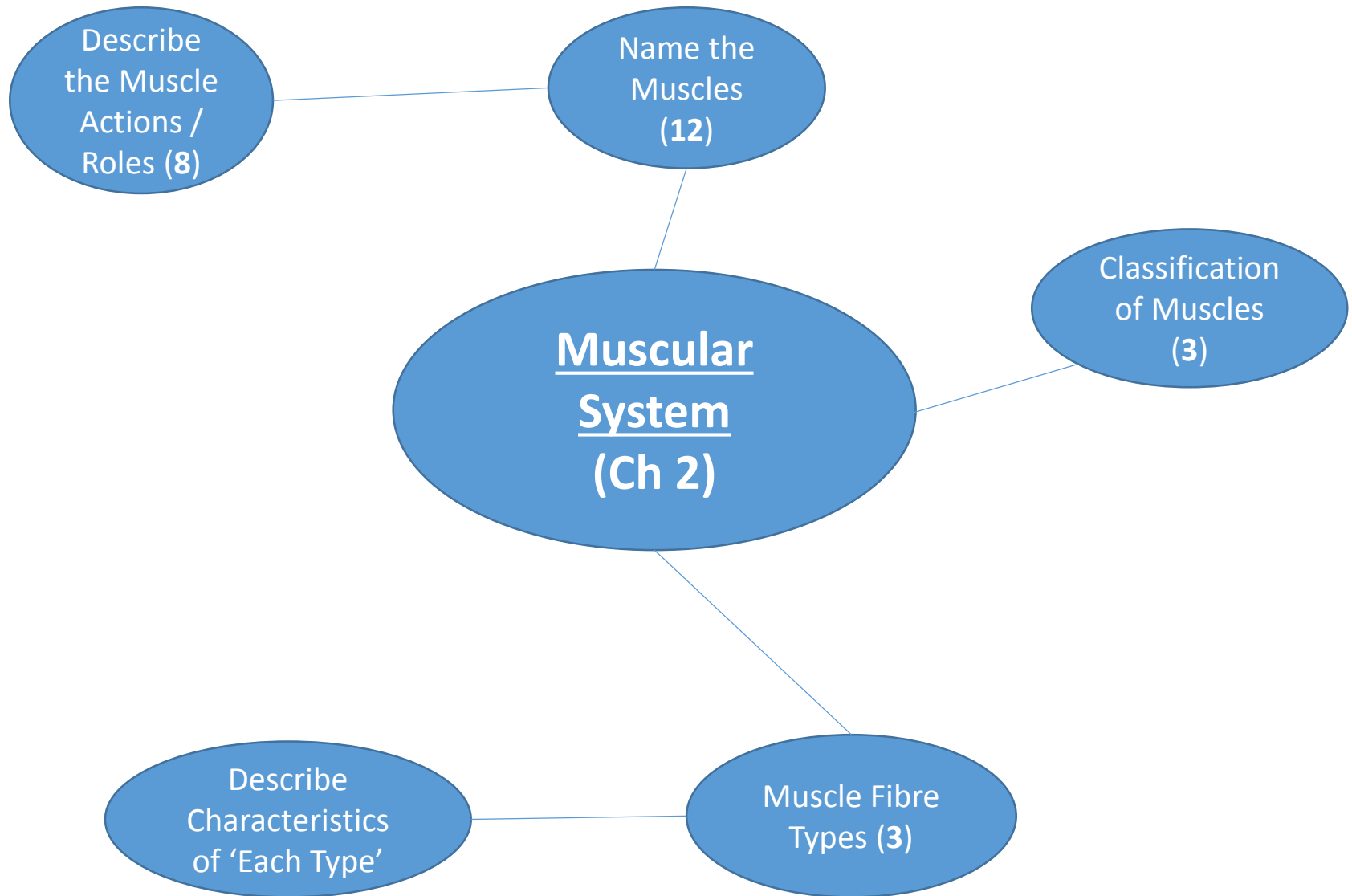


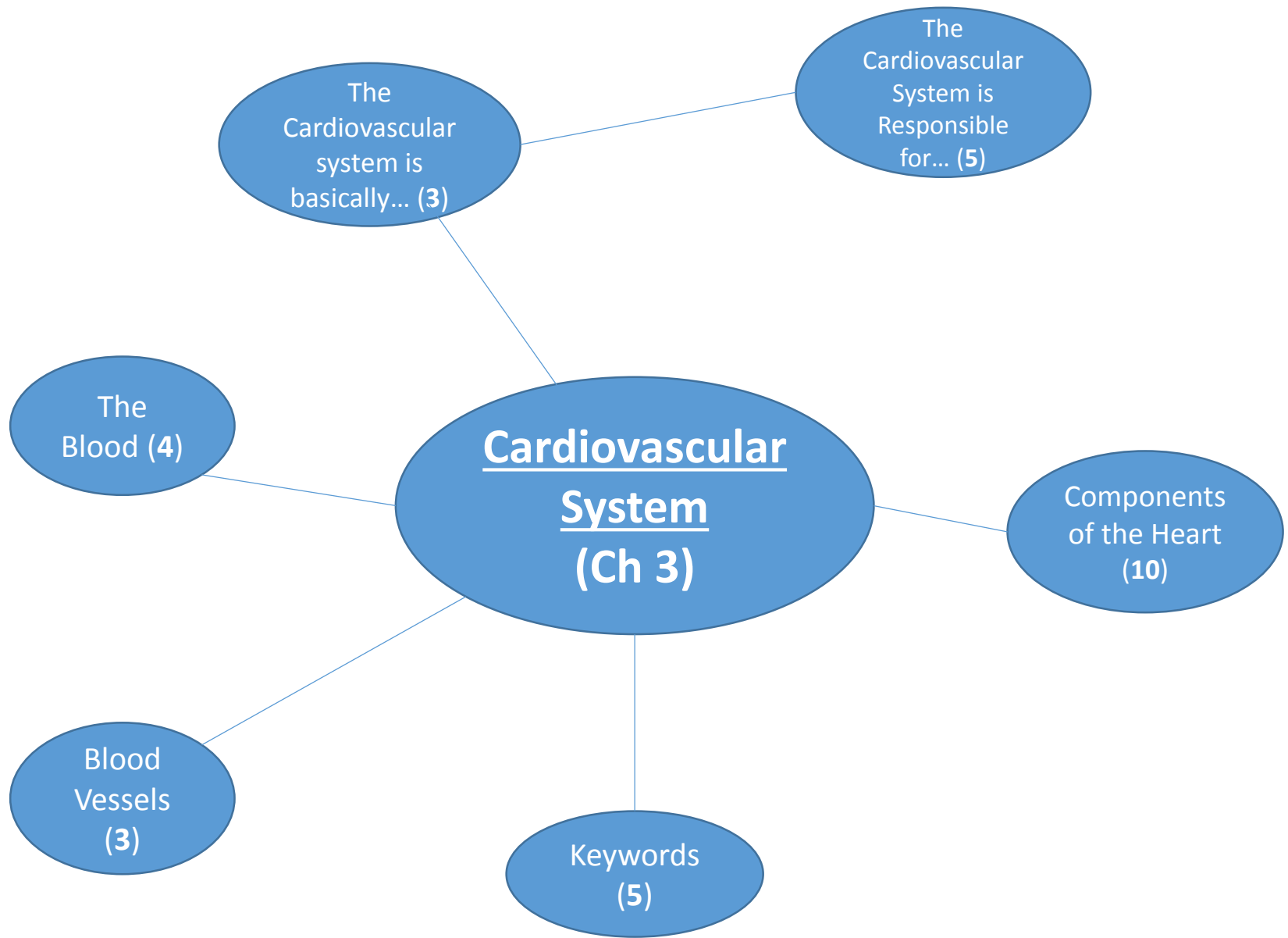
# GCSE P.E. – Revision Booklet 2016-18

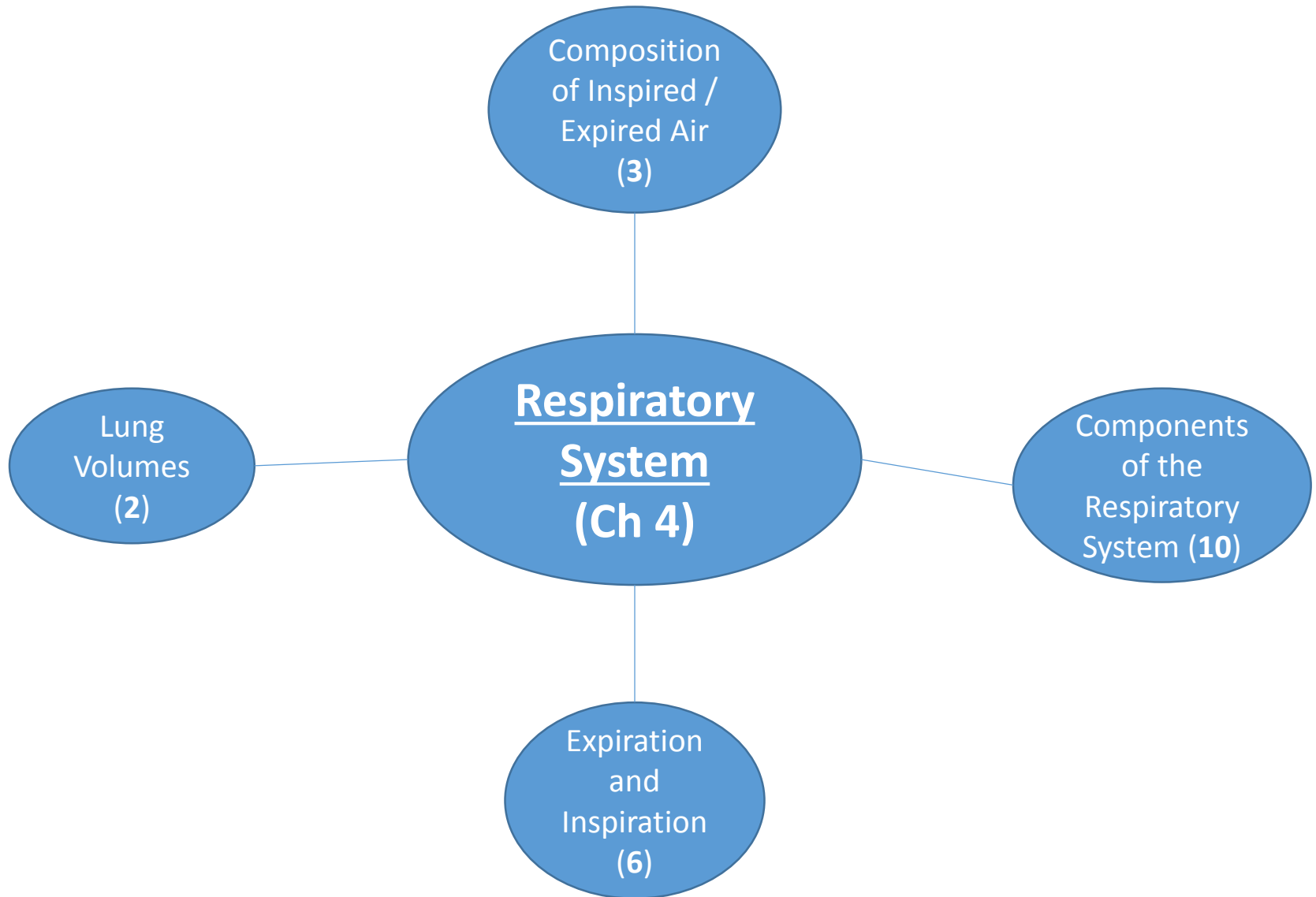
Which *Topics/Chapters* Need **More** Work?

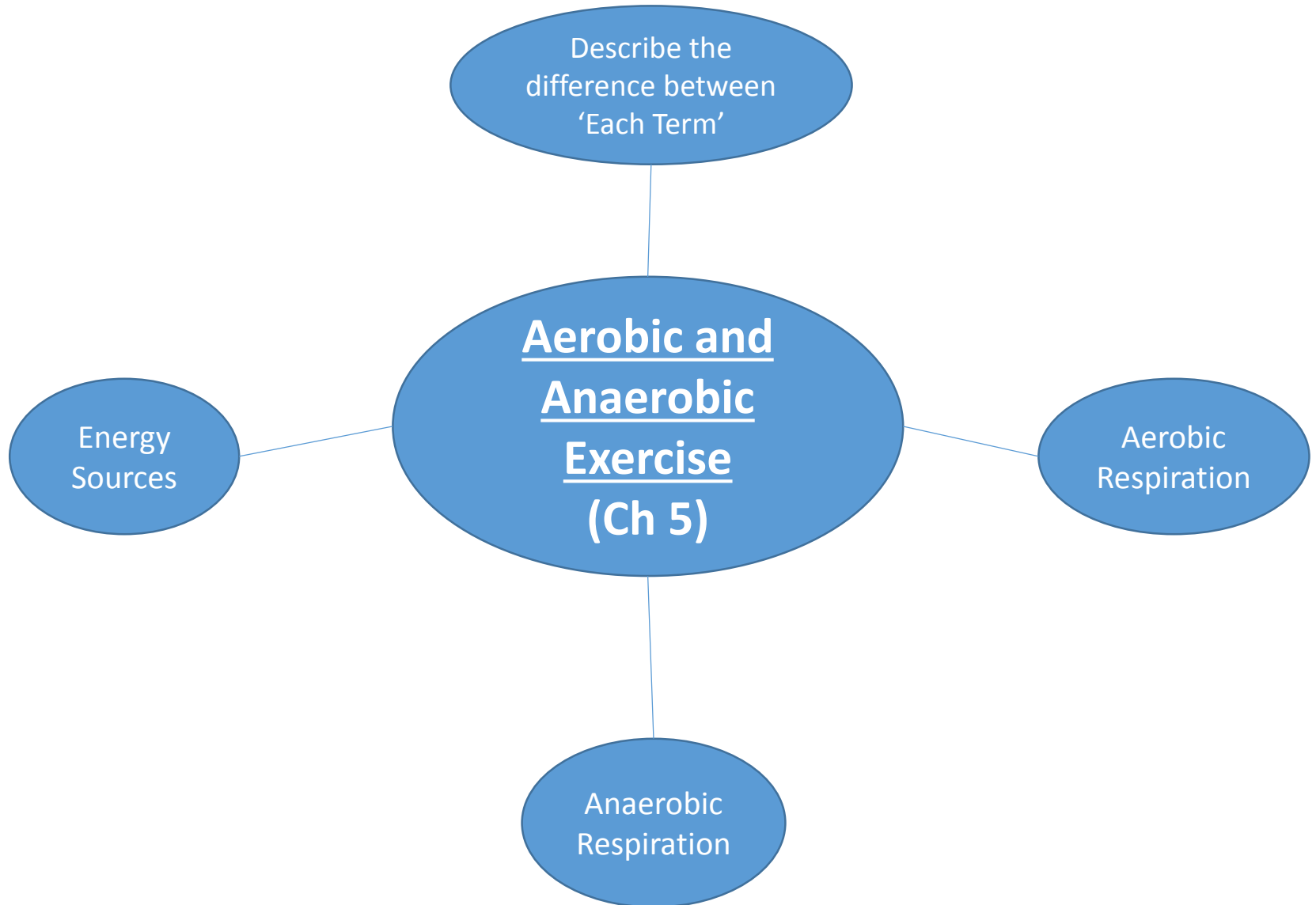
Part 1- Fitness and Body Systems (1hr 45mins Exam = 36%)		
1	SKELETAL SYSTEM	
2	MUSCULAR SYSTEM	
3	CARDIO VASCULAR	
4	RESPIRATORY	
5	AEROBIC/ANAEROBIC	
6	SHORT TERM EFFECTS	
7	LEVER SYSTEM	
8	PLANES AND AXES	
9	HEALTH, FITNESS AND EXERCISE	
10	FITNESS TESTING	
11	PRINCIPLES OF TRAINING	
12	LONG TERM EFFECTS	
13	TRAINING AND INJURY	
14	DRUGS	

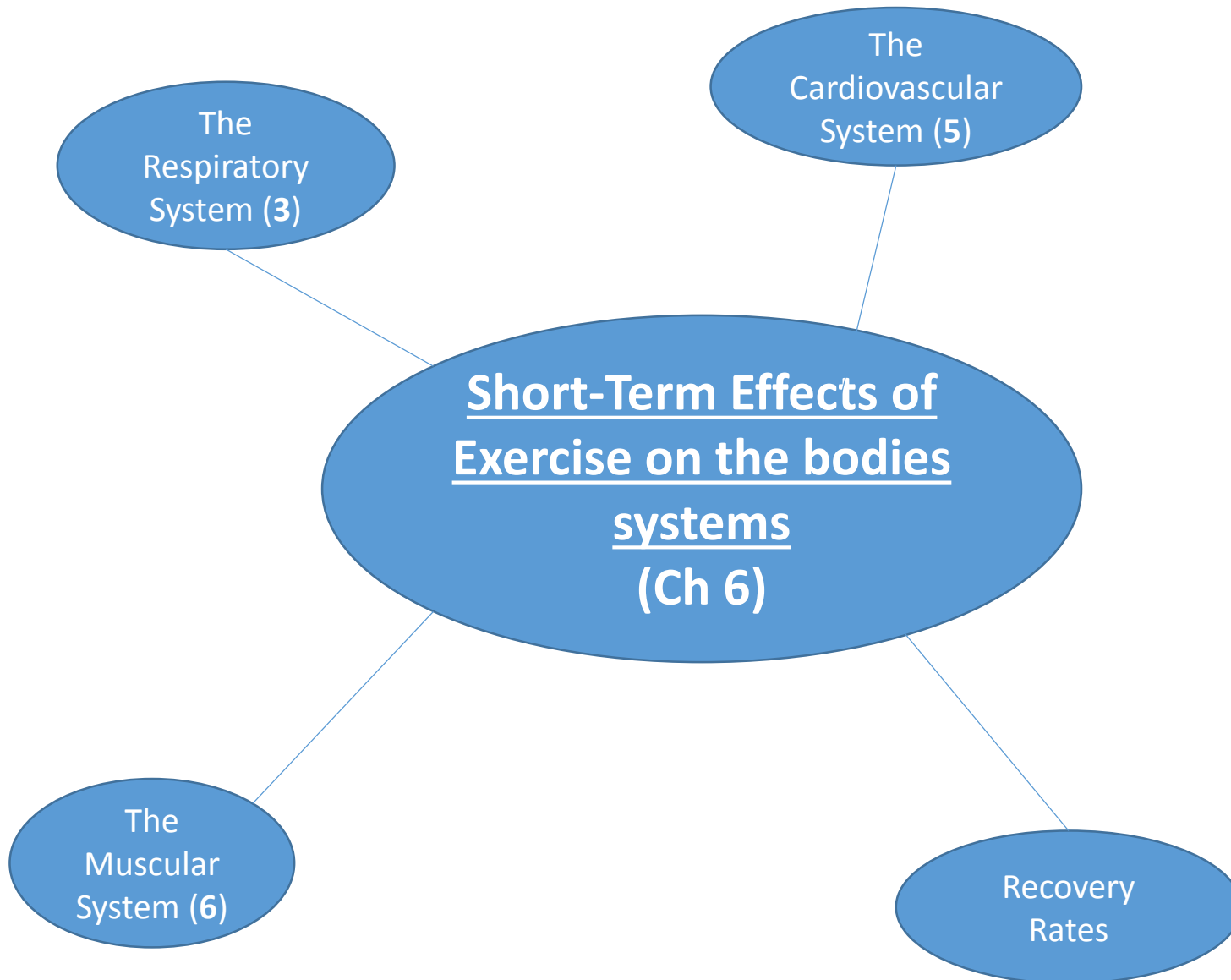












Components of  
a Lever (4)

Movement  
Analysis (Levers)  
(Ch 7)

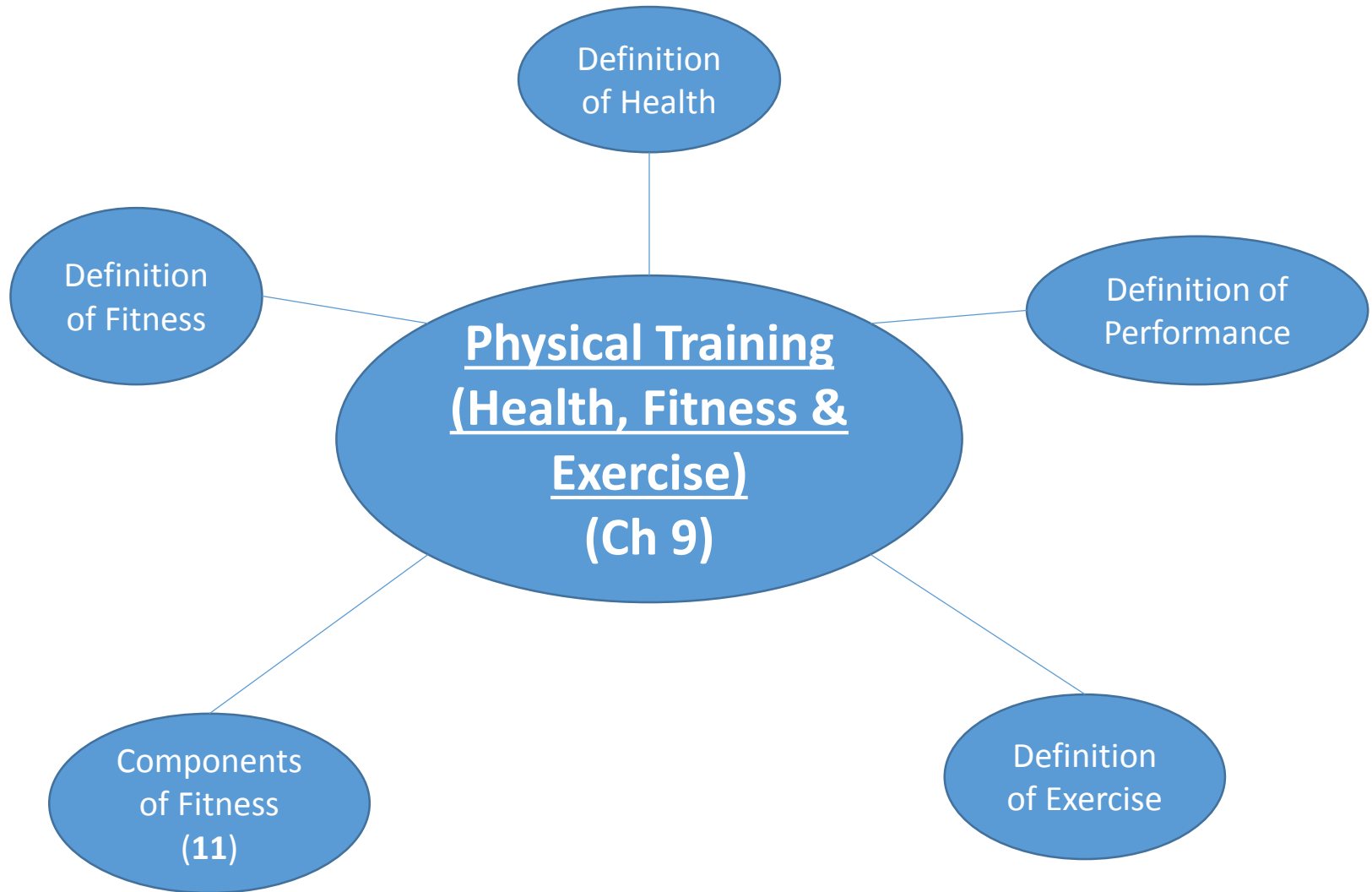
Lever  
System (3)

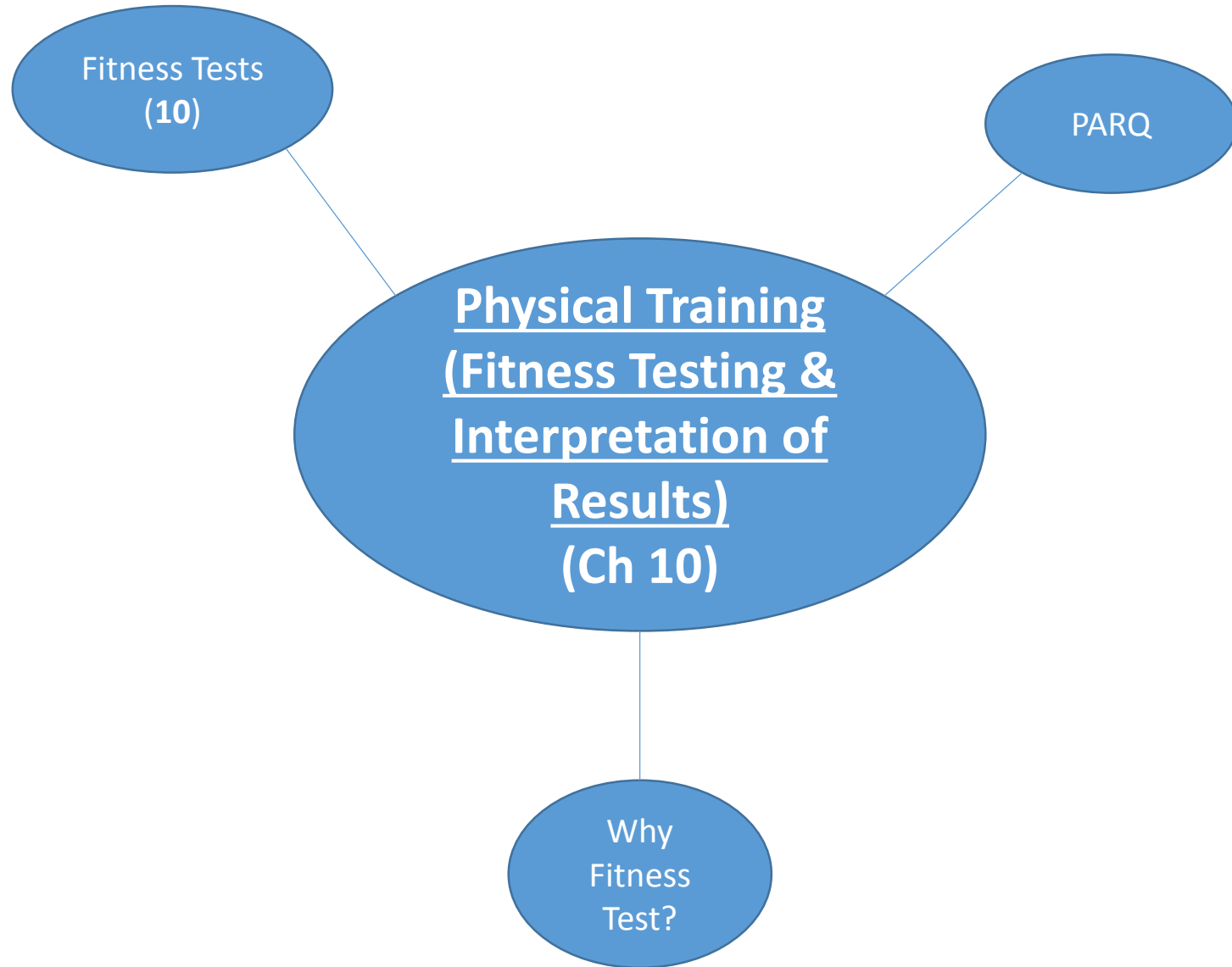


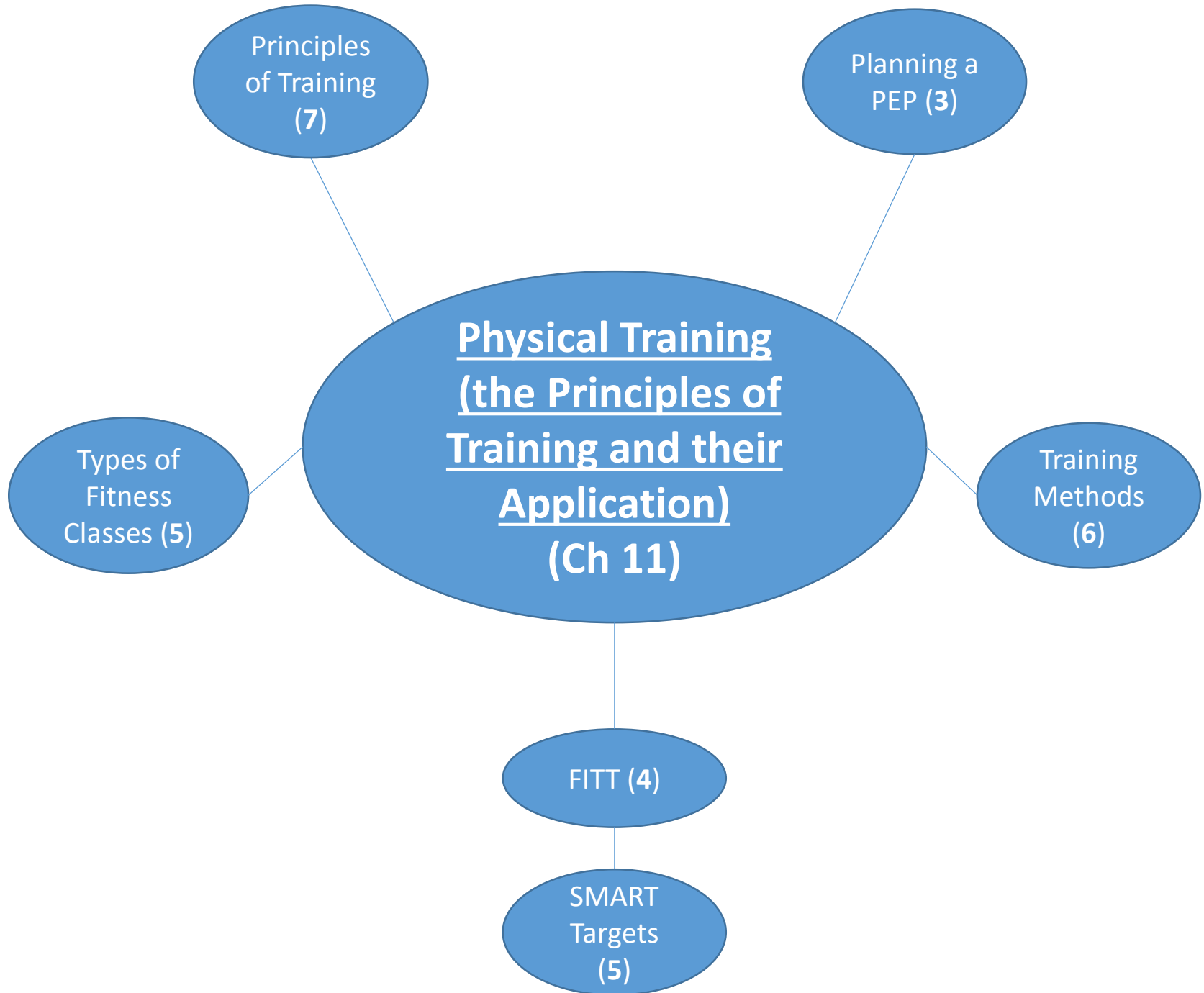
Planes of  
Motion (3)

Movement  
Analysis  
(Planes & Axes)  
(Ch 8)

Major  
Body Axes  
(3)





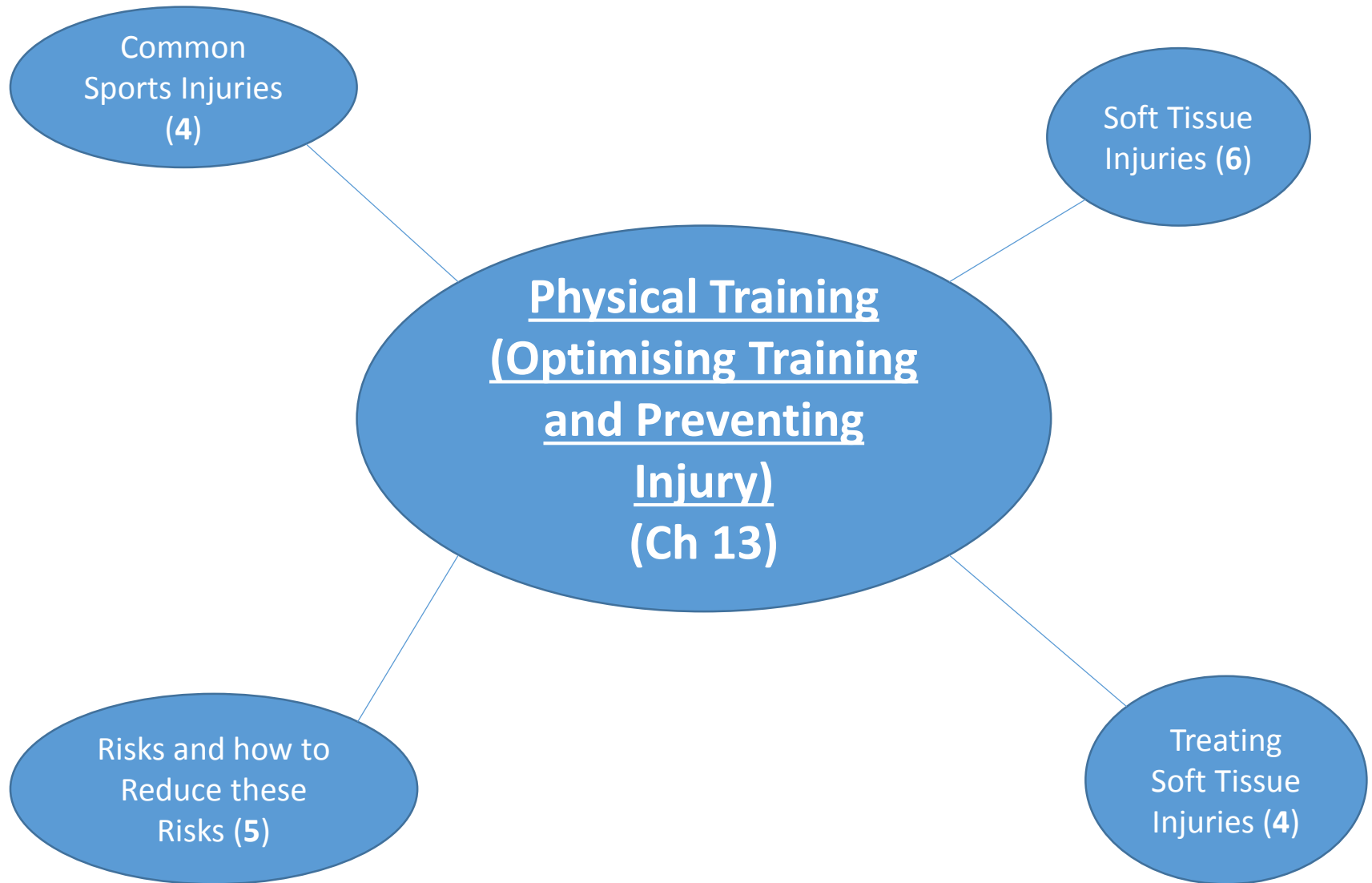


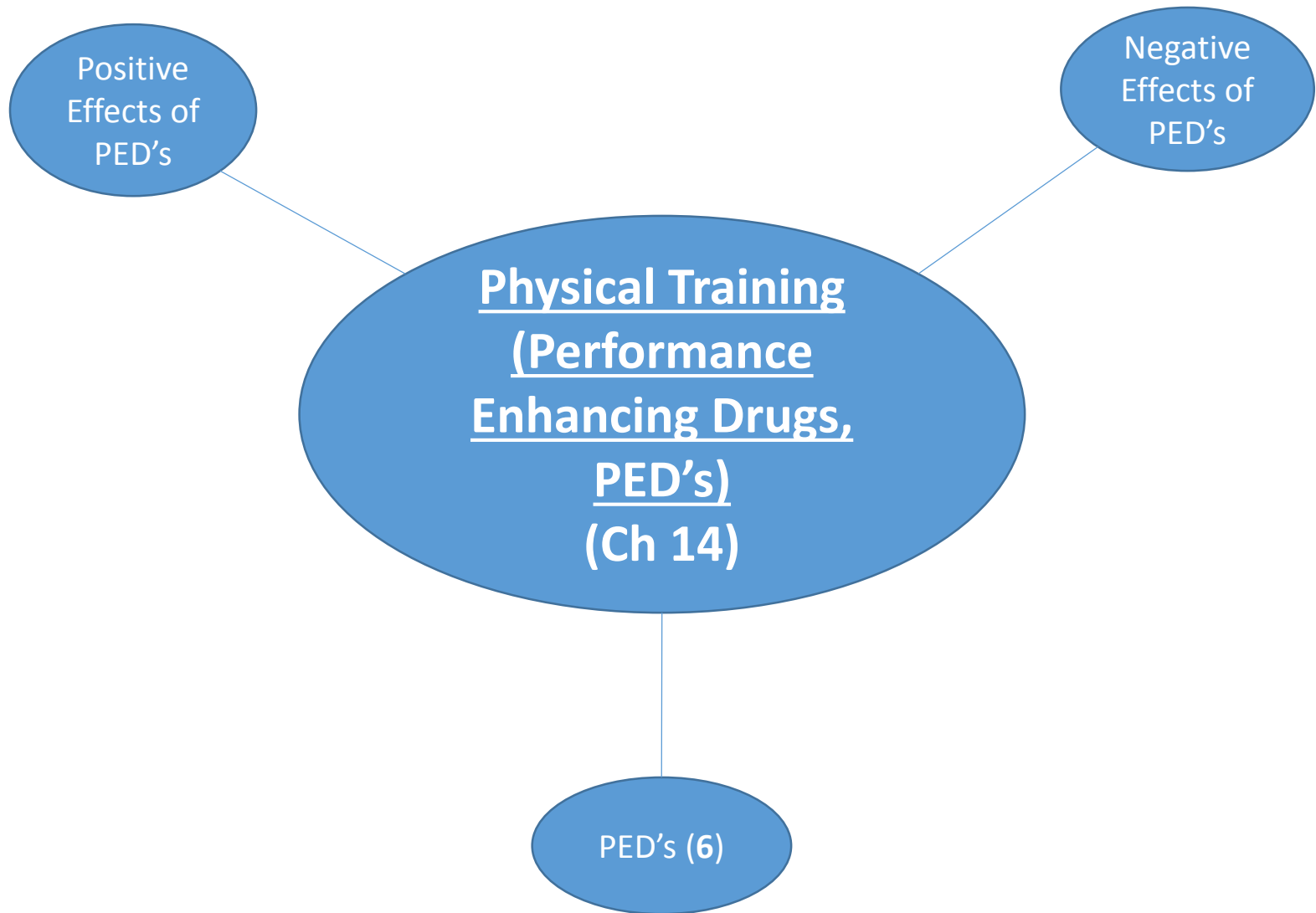
```
graph TD; A([Effects / Benefits on the Musculo-Skeletal System]) --- B([Physical Training (the Long Term Training Effects of Exercise) (Ch 12)]); B --- C([Effects / Benefits on the Cardio-Respiratory System]);
```

Effects / Benefits on  
the Musculo-Skeletal  
System

**Physical Training (the  
Long Term Training  
Effects of Exercise)  
(Ch 12)**

Effects / Benefits  
on the Cardio-  
Respiratory  
System

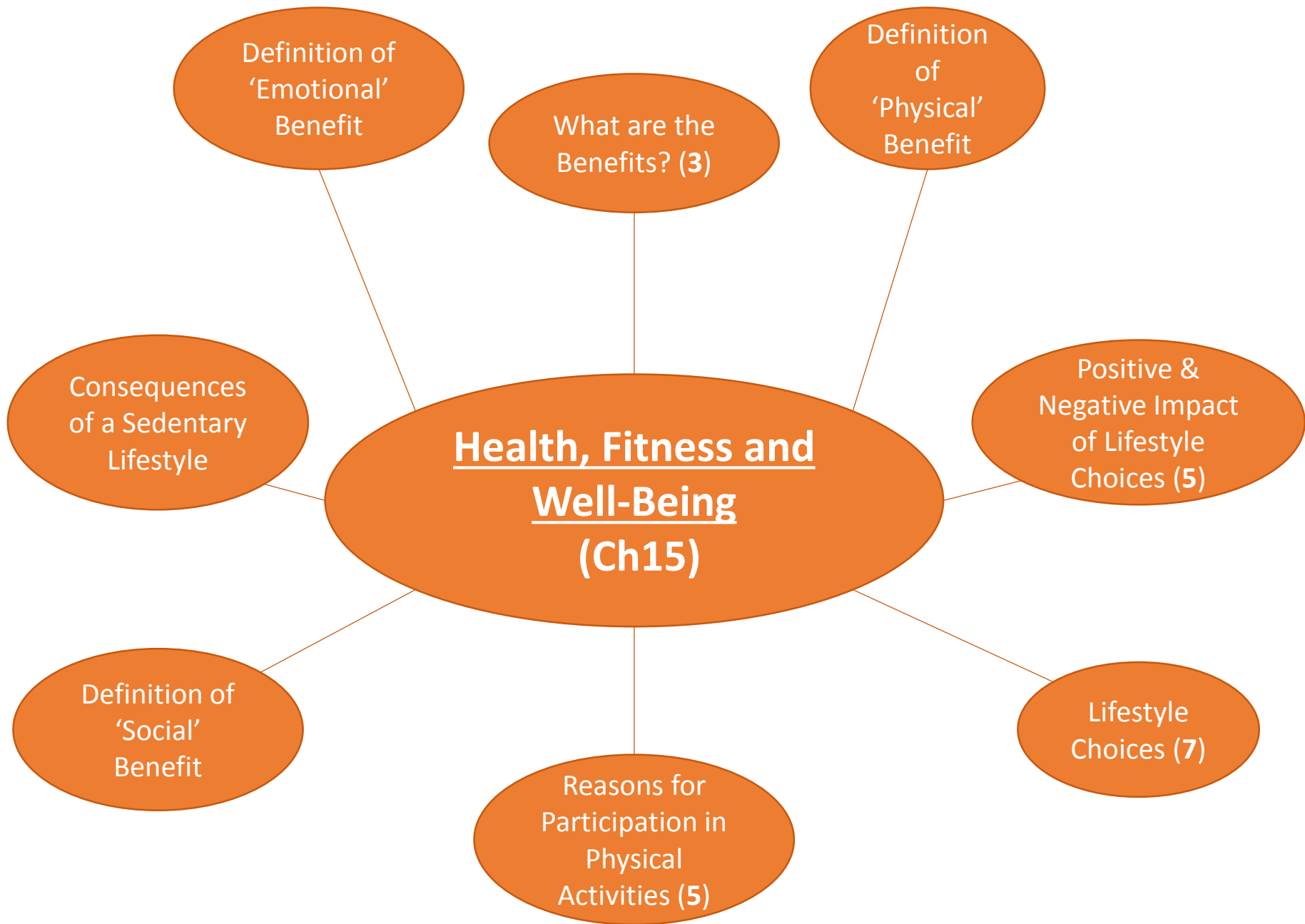


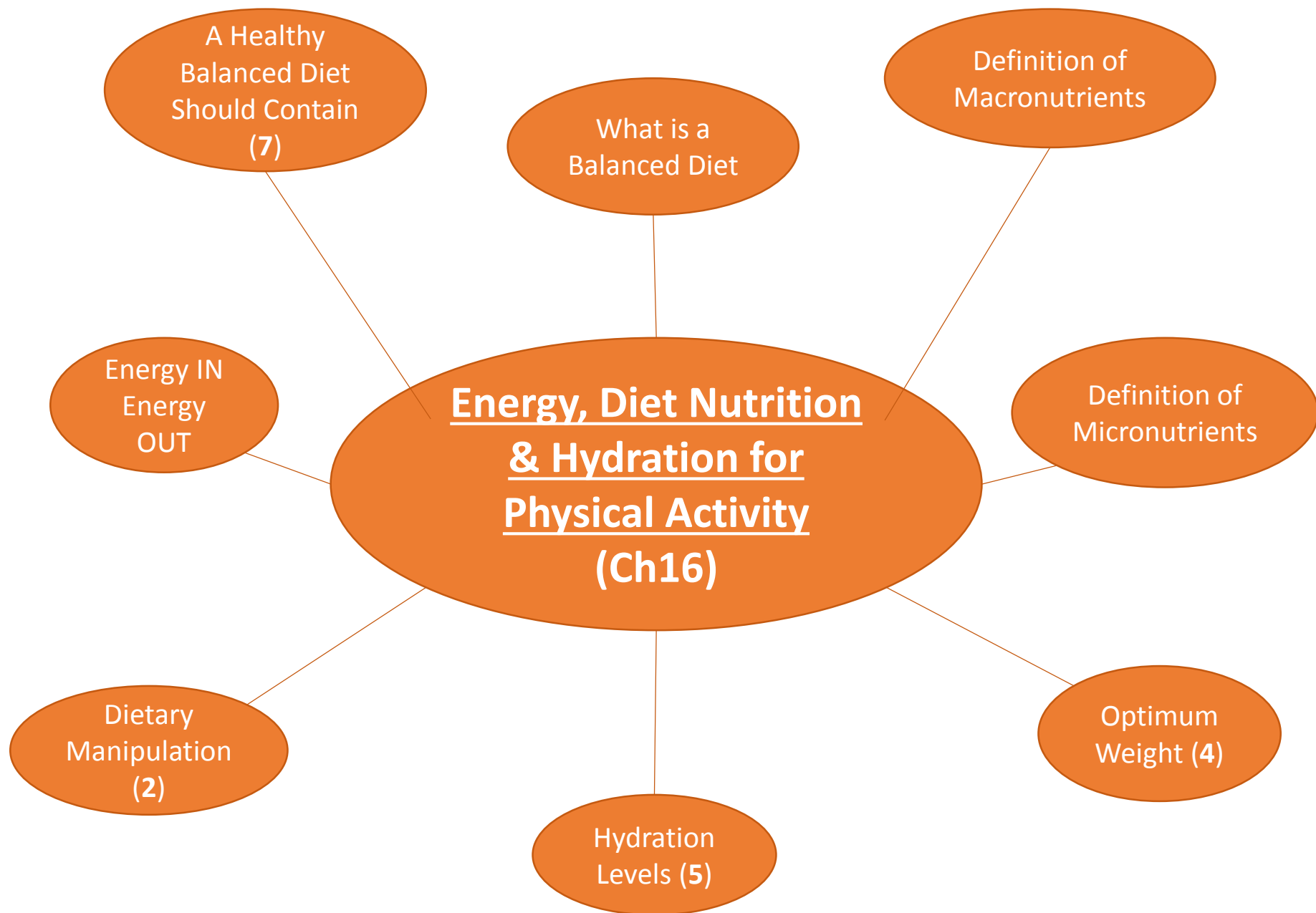


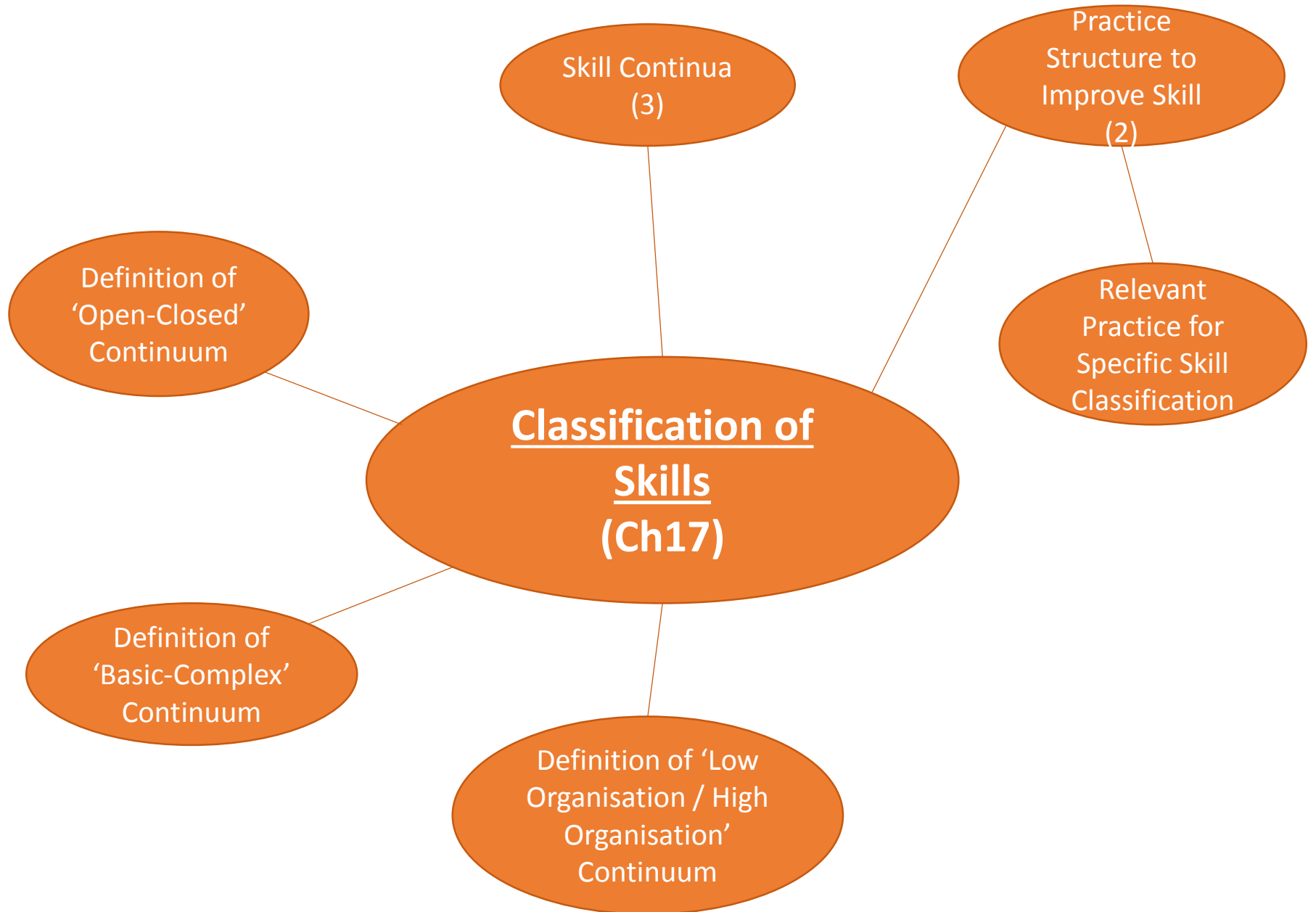
**Part 2- Health and Performance (1hr 15mins Exam = 24%)**

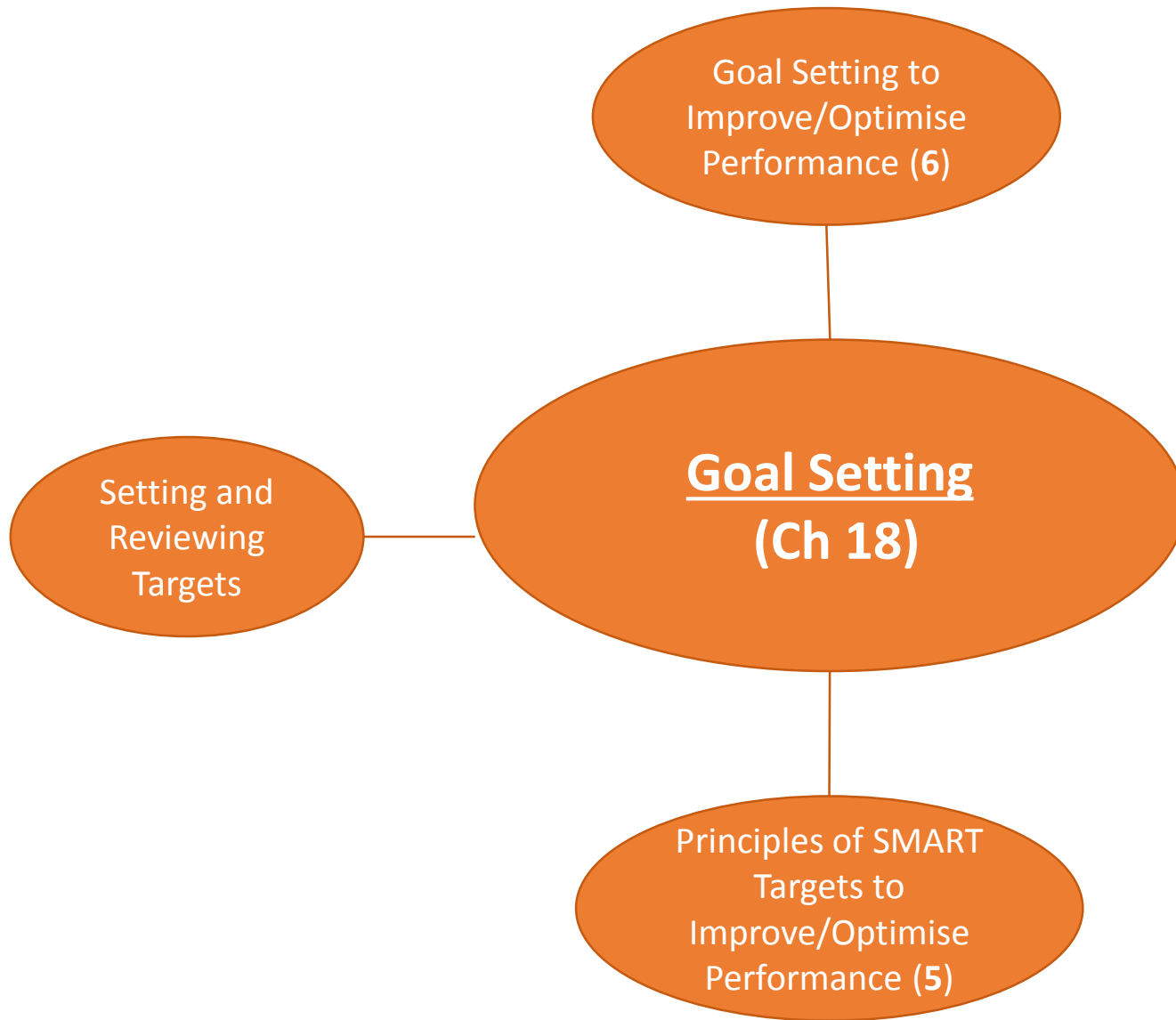
<b>15</b>	HEALTH, FITNESS AND WELL-BEING	
<b>16</b>	DIET	
<b>17</b>	CLASSIFICATION OF SKILLS	
<b>18</b>	GOAL SETTING	
<b>19</b>	TYPES OF GUIDANCE	
<b>20</b>	MENTAL PREPERATION	
<b>21</b>	PARTICIPATION IN SPORT	
<b>22</b>	COMMERCIALISATION OF SPORT	
<b>23</b>	ETHICAL AND SOCIO-CULTURAL ISSUES	

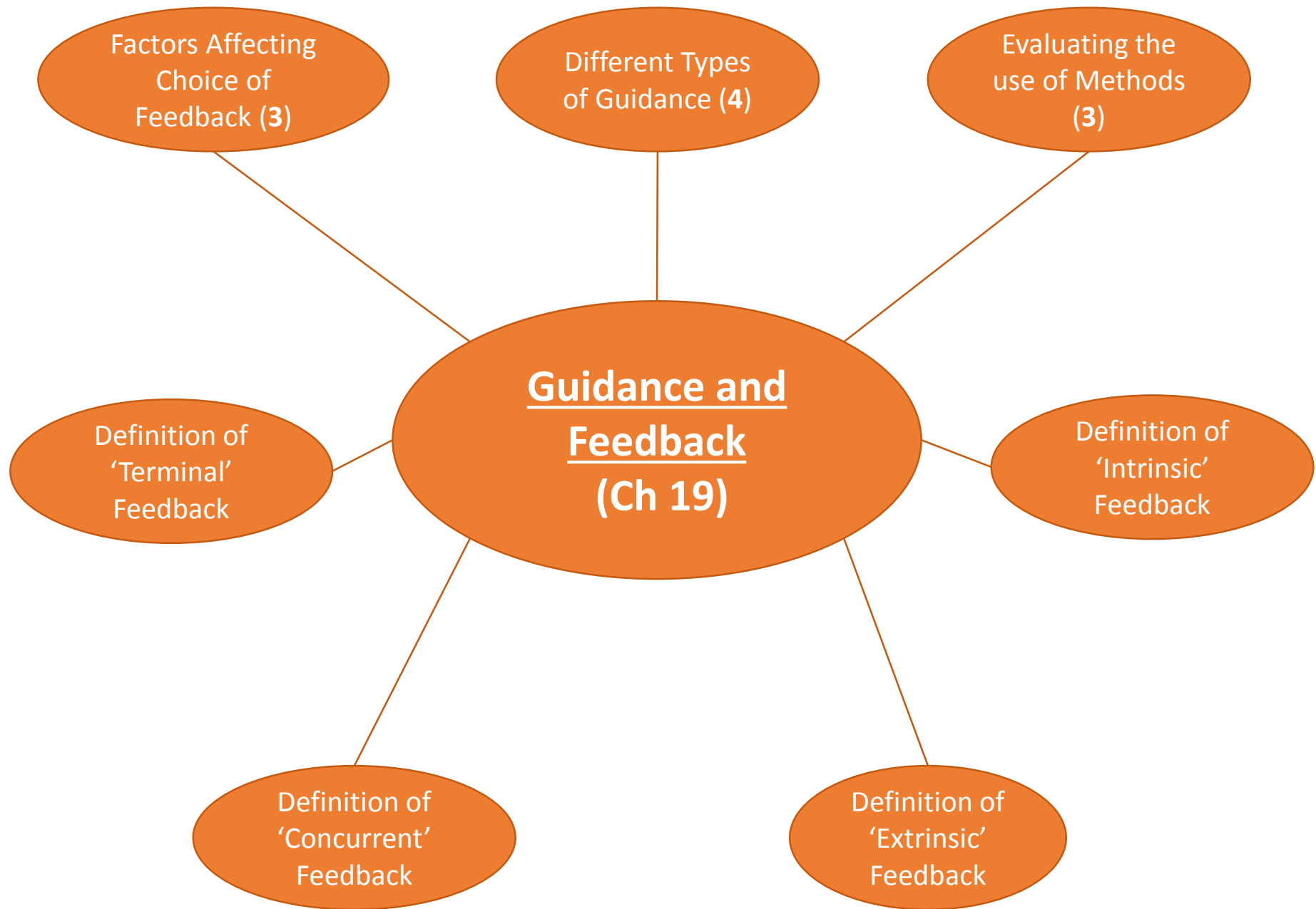


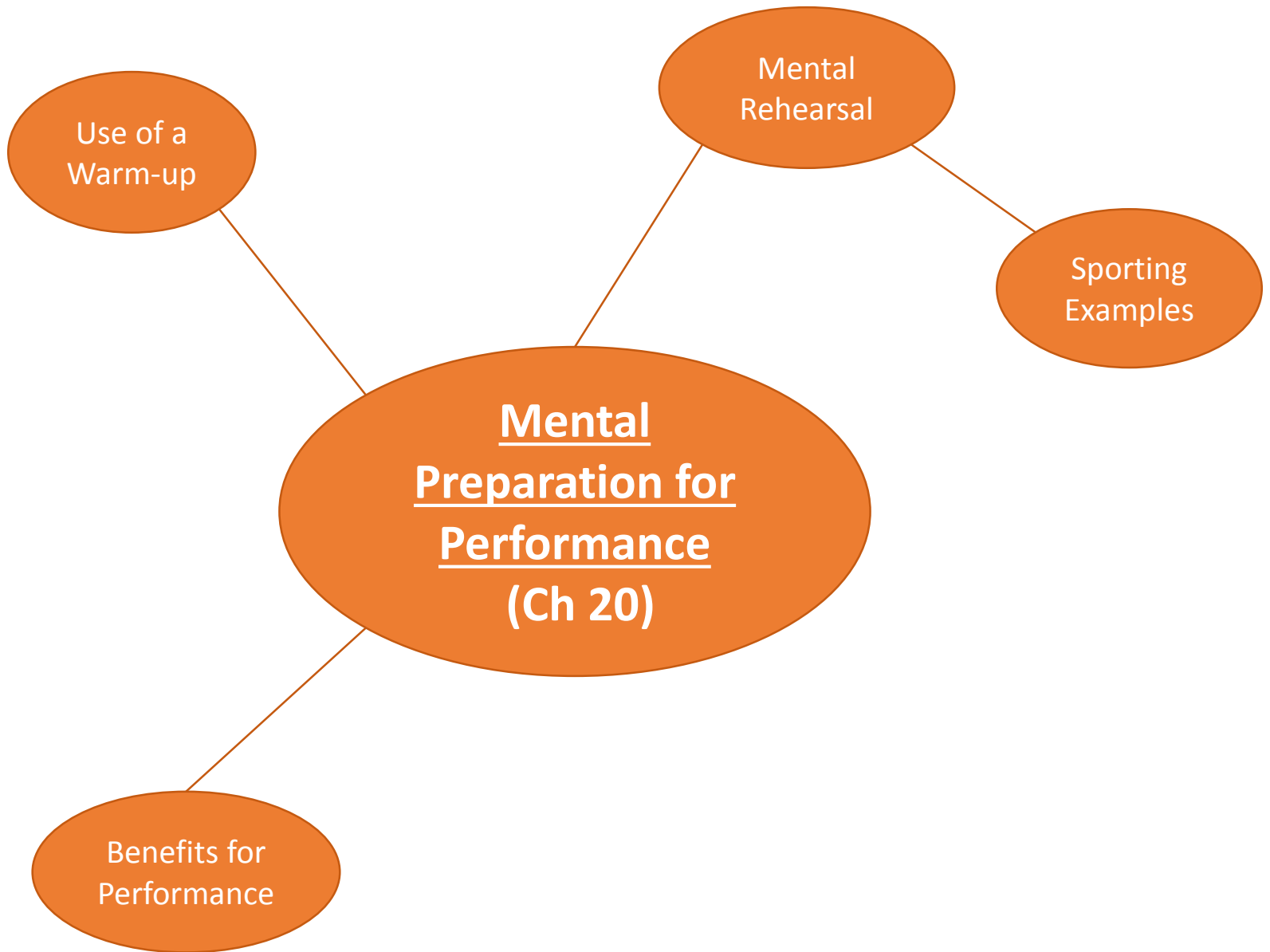












```
graph TD; A([Participation in Sport and Physical Activity (Ch21)]) --- B([Reasons for Participation Rates(5)]); A --- C([Interpretation of Data]); A --- D([Barriers (5)]); A --- E([Personal Factors and Why they Might Impact on Participation (5)])
```

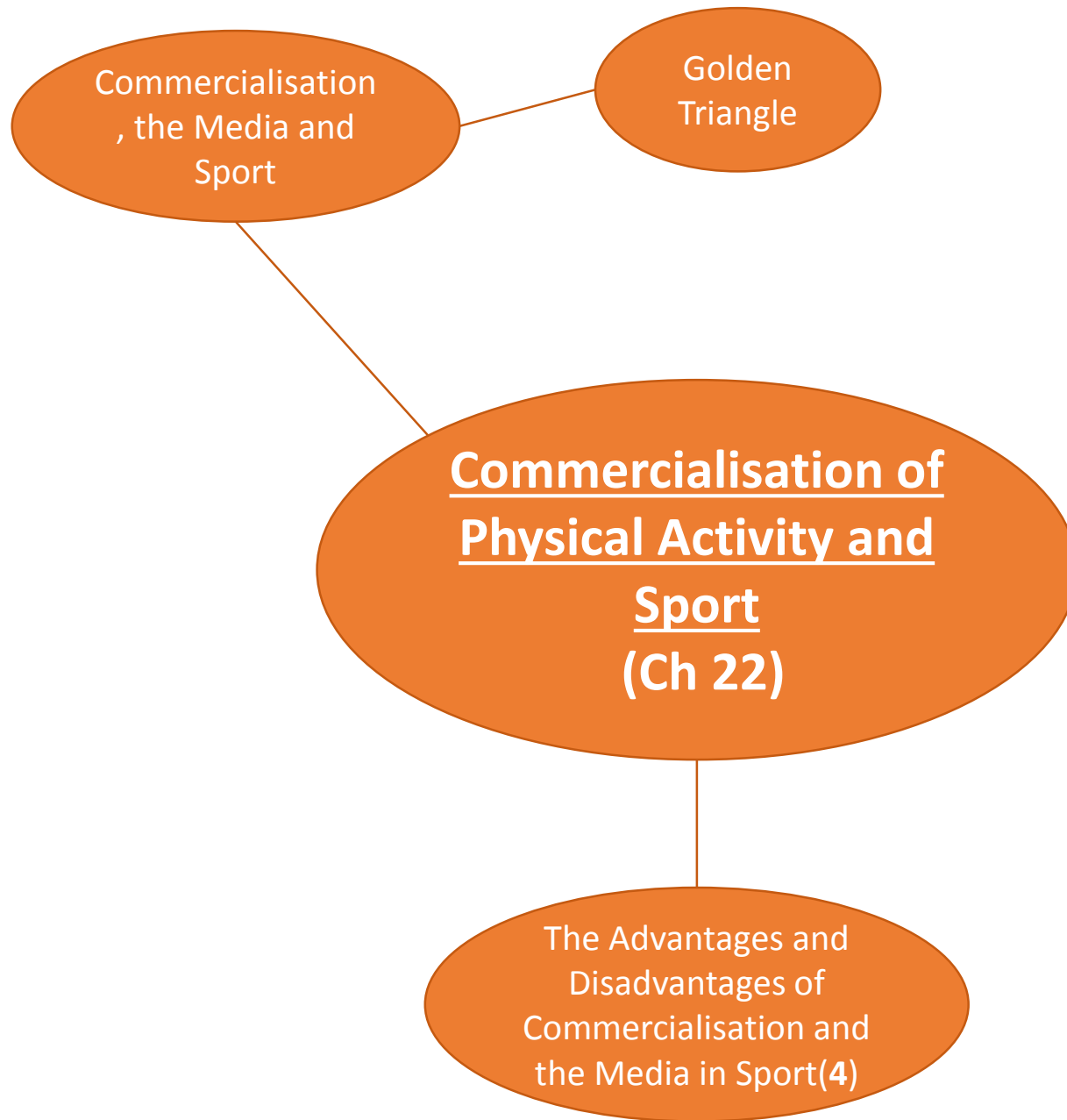
**Participation in Sport and Physical Activity**  
**(Ch21)**

Reasons for Participation Rates(5)

Interpretation of Data

Barriers (5)

Personal Factors and Why they Might Impact on Participation (5)





**Ethical and Socio-cultural Issues in Physical Activity and Sport**  
**(Ch 23)**

```
graph TD; A([Ethical and Socio-cultural Issues in Physical Activity and Sport (Ch 23)]) --- B([Sportsmanship]); A --- C([Gamesmanship]); A --- D([Sledging]); A --- E([Deviancy]); A --- F([Types of Deviance at Elite Levels of Sport and Physical Activity (5)]); A --- G([The Reasons for and Consequences of Deviance at Elite Level (6)]); G --- H([Sanctions for Cheating]); F --- I([Examples of Each Deviance]);
```

Sportsmanship

Gamesmanship

Sledging

Deviancy

Types of Deviance  
at Elite Levels of  
Sport and Physical  
Activity (5)

Examples of  
Each  
Deviance

The Reasons for  
and  
Consequences of  
Deviance at Elite  
Level (6)

Sanctions  
for  
Cheating