

Active Revision – GCSE PE

Assessment Point -Year 11 summer

Research shows that students who do frequent chunks of revision across all 3 stages of revision below are more likely to reach their full potential.

- ✓ Upload – consolidate your knowledge
- ✓ Process – active retrieval practice
- ✓ Download – apply your knowledge



upload



process



download

TOPIC: Paper 1 skeletal, muscular, cardio, respiratory and movement analysis

Skeletal system

- Draw the outline or print the outline of a person and label all relevant bones and muscles.
- Label the below synovial joints
 - Elbow joint
 - Shoulder joint
 - Hip joint
 - Knee joint
 - Ankle

Muscular system

- Muscle contractions – use the Leitner Box technique for your flash cards defining recalling

- Locate and name each type of bone and provide an example of its use in sport
 - for example, cranium flat bone to protect the head when heading he all in football
- For each type of joint provide a sports example and explain what muscle is the **agonist and the antagonist**, what **joint action** and type of **muscle contraction** is taking place for both phases of movement for example the upward and downward phase of a bicep curl

- For each sporting action label,
 - The muscle movement (flexion, extension, adduction, abduction,

Explain how Ibrahim's skeletal and muscular system work together to bring about movement. [3 marks]

- The difference between an agonist and antagonist
- the different muscles contractions.

- Recreate separate A4 revision cards for specific sporting to include: football throw-in, push up, running, kicking, standing vertical jump, squat and shoulder action in cricket.

Respiratory System

- Create a mechanics of breathing model. Follow steps on this video <https://www.youtube.com/watch?v=fybV8zIGyu8>
- Draw a diagram of the mechanics of breathing. Label the parts involved and describe the roles that they play when breathing.
- Draw a spirometer trace

Cardiovascular System

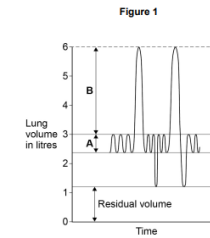
- Draw a diagram showing the structure of the heart.
- Watch the video explaining the cardiac cycle: https://www.youtube.com/watch?v=l_16ymQJDMY
- Create a poster defining cardiac output, heart rate and stroke volume.
- Create a table defining aerobic and anaerobic exercise.
- Create a poster, identifying the different 'immediate effects of exercise, short term effects of exercise and long-term effects of exercise'.

rotation) happening at the following joints elbow, shoulder, hip, knee and ankle

- plane and axis the movement is taking place

- what lever system is in operation
- Explain the flow of air in and out of the body what structures it passes through
- the process of gaseous exchange. Include: where it takes place and how the features and structures of the alveolus and capillary walls assist gaseous exchange.
- Label the different lung volumes and explain what happens to the lung volumes during exercise
- Accurately label the heart and create path flow for the blood through one cycle of the body. Add definitions for the cardiac cycle
- Below each definition, identify 5 sports that are mainly aerobic and 5 sports that are mainly anaerobic. Explain why these sports are aerobic or anaerobic included energy equations

0 7 | 1 Figure 1 shows a spirometer trace for a person at rest.



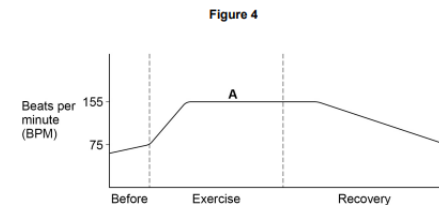
0 7 | 1 Identify lung volumes A and B in Figure 1. [2 marks]

A _____
B _____

0 7 | 2 In Figure 1, what would happen to lung volume A during exercise? [1 mark]

0 7 | 3 Justify your answer to Question 7.2. [2 marks]

Figure 4 shows the heart rate of an individual before, during and in recovery from exercise.



1 Explain what is happening to the heart rate before exercise in Figure 4. [3 marks]

Training

- Create a table relevant to fitness components and testing. There should be a row for each component of fitness.

- Type of training and its principles- Create a poster. Include application to a sports performer of your choice. Use specific sporting examples of how each principle can be used to improve training.

- Add to the columns in your table to Include definitions for each component and a sport where it is used and why
- Name a fitness test for each component of fitness and provide the protocol for the test, this could include a diagram if you wish. This should also include how you ensure the test is valid and reliable

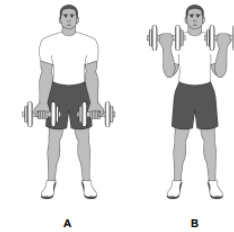
- Provide an overview of a year-long training program for a performer of your choice to use. This should be broken down into the different training seasons, type of training taking place, how the principles of training should be applied. Provide the performer with a warmup and cool down. The performer will need to know how hard they should be working therefore training intensities need to be calculated for them

09

Figure 1 shows an athlete in two different positions (A and B) as he performs a bicep curl.

Use Figure 1 to help you answer Questions 09.1 to 09.3.

Figure 1



09.1

1 Identify the joint action taking place at the **elbow** as the arm moves from A to B. [1 mark]

09.2

2 Identify the main antagonist at the **elbow** as the arm moves from A to B. [1 mark]

09.3

3 Identify the type of muscle contraction that is taking place at the **elbow** as the arm moves from A to B. [1 mark]

Figure 2 shows Anna performing a running action.

Figure 2



1 Identify the plane and axis when Anna is performing a running action as shown in Figure 2. [2 marks]

Plane _____

Axis _____

—

Anna uses explosive strength when running a 400m race.

Define 'explosive strength'.

Justify why explosive strength is important when running a 400m race.

[4 marks]

Definition _____

Justification _____

Performers may train at high altitude. This usually takes place at over 2000 m above sea level for at least 30 days.

Discuss whether altitude training is an effective method of training for a long-distance swimmer.

[5 marks]

Describe the process of high altitude training.

Use a sporting example in your answer.


[3 marks]

Evaluate the importance of agility **and** flexibility in a 200m freestyle swimming race.

[6 marks]

		<p>Using the principles of training, analyse how the long-term benefits of training are important to a games player. [9 marks]</p> <hr/> <hr/> <hr/> <hr/>
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TOPIC: Paper 2 Sports psychology, Socio-cultural influences and Health, fitness and well-being

<p>Sports psychology</p> <ul style="list-style-type: none"> create a mind map of the different psychological factors that can have a positive or negative impact on a person’s performance. Refer to your specification to ensure you have covered all areas <p>Social groups</p> <ul style="list-style-type: none"> Create a table describe using examples the positive and negative ways participation and spectatorship can be affected by sponsorship, media and social influences <p>Conduct of performer and spectators</p> <ul style="list-style-type: none"> List three positive and three negative impact performers behaviour can have on 	<ul style="list-style-type: none"> As a sports psychologist employed to support performers who are on the talent identification pathway provide them with guidance on mental rehearsal, including methods they should use during training and competitions. Using the image below discuss the sponsors 2022 to 2025 for the women’s Euro’s in terms of the impacts on the sport both as a performer and a spectator  <ul style="list-style-type: none"> Using examples from a recent sports event write an article explaining the impact of the actions the performer/spectators took and how their actions impact the future of event and the grass roots of the sport for future generations 	<ul style="list-style-type: none"> Data is used in sport to improve performance and can be collected in a variety of ways. Outline the difference between quantitative and qualitative data collection. Use examples in your answer. [4 marks] Classify the skill of a tennis serve using each of the following classifications: <ul style="list-style-type: none"> basic/complex open/closed self-paced/externally paced gross/fine. Justify your choices. [4 marks] Describe the relationship between arousal level and performance level in the inverted-U theory. [3 marks] Evaluate the effectiveness of extrinsic motivation for a beginner in sport. [4 marks] 'A sportsperson who receives sponsorship will see an improvement in their performance.' Discuss this statement. [5 marks]
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a national or international sports event of your

- List three positive and three negative impacts spectator's behaviour can have on a national or international sports event of your choice
- Create a code of conduct you expect performers and spectators to follow for the national or international event you choose

PED'S

- Create a mind map of the performance enhancing drugs (PED's) that could be taken by a performer, the reasons why they may take them, the negative impact it can have on them and their sport.

Health, fitness and well being

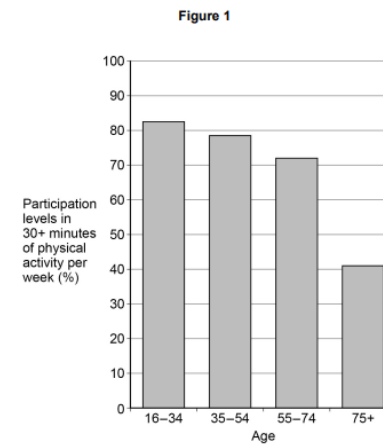
- Define each of the following- Health, fitness, well-being and sedentary lifestyle
- List the 7 components of a balance diet, provide examples of foods they can be found in

- Discuss the below and create three arguments for and three against

“WE SHOULD PERMIT THE USE OF PERFORMANCE ENHANCING DRUGS IN SPORT”

- Create a poster providing recommendations how a person with a sedentary job can improve their health, fitness and well being

Figure 1 shows the participation levels in physical activity of different age groups in England.



Using **Figure 1**, analyse the reasons for the participation levels amongst the different age groups.

[9 marks]

Evaluate the effects that different performance enhancing drugs (PEDs) may have on a sprinter's performance.

[6 marks]

Explain why a games player requires carbohydrates and protein in their diet.

[4 marks]

Use the link to access past papers and mark schemes [AQA | Physical Education | GCSE | GCSE Physical Education](#)