

## **GCSE PE**

Exam board: Edexcel

Paper 1 = 1 hour 45 minutes

Paper 2 = 1 hour 15 minutes

What will be on the mock?

### **Paper 1**

#### **Component 1: Fitness and Body Systems (Component code: 1PE0/01)**

The structure and functions of the musculoskeletal system

The structure and functions of the cardiorespiratory system

Anaerobic and aerobic exercise

The short- and long- term effects of exercise

Lever systems, examples of their use in activity and the mechanical advantage they provide in movement

Planes and axes of movement

The principles of training and their application to personal exercise/training programmes

The long-term effects of exercise

How to optimise training and prevent injury

Effective use of warm up and cool down

### **Paper 2**

#### **Component 2: Health and Performance (Component code: 1PE0/02)**

Physical, emotional and social health, fitness and well-being

The consequences of a sedentary lifestyle

Energy use, diet, nutrition and hydration

Classification of skills (basic/complex, open/closed)

The use of goal setting and SMART targets to improve and/or optimise performance

Guidance and feedback on performance

Mental preparation for performance

They should be using the exam revision guide.

Students could also use GCSE Pod to consolidate knowledge.

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://www.teachpe.com/>

<https://www.brianmac.co.uk/>