

Subject	Physical Education
Number and length of exam(s)	<b>Paper 1 – 1 hour 45 minutes (90 Marks)</b>  <b>Paper 2 – 1 hour 15 minutes (70 Marks)</b>
Revision topics	<b>Paper 1</b> 1.1 The structure and functions of the musculoskeletal systems 1.2 The structure and functions of the cardio-respiratory system 1.3 Anaerobic and aerobic exercise 1.4 The Short and Long Term effects of exercise 2.1 Planes and axes of movements 3.1 The relationship between health and fitness and the role that exercise plays in both 3.2 The components of fitness, benefits for sport and how fitness is measured and improved 3.3 The principles of training and their application personal exercise /training programmes 3.4 The long term effects of exercise 3.5 How to optimise training and prevent injury  <b>Paper 2</b> 1.1 Physical, emotional and social health, fitness and well-being 1.2 The consequences of a sedentary lifestyle 1.3 Energy use, diet and hydration 2.1 Classification of skills 2.2 The use of goal setting and SMART goals to improve and/ or optimise performance 2.3 Guidance and feedback on performance 3.1 Engagement patterns of different social groups in physical activity and sport 3.2 Commercialisation of physical activity and sport 3.3 Ethical and social-cultural issues in physical activity
Where to access resources	You will find topic content guides and knowledge organisers on the school website. All students will have received an email additionally with this information.  There are lots of revision activities online, but make sure they are compatible with the Edexcel exam board.
How to access help / support	Your classroom teaching has an open door policy. We are available from 8am every morning and after 3pm every day. If you are struggling with any topics, please arranged to address this with your teacher.  From January we will be starting our revision session on Friday's 3pm – 4pm. This will be to recap topics and work on exam technique.
Hints or tips	<ul style="list-style-type: none"> <li>• Within a 9 mark question always start by defining the key terms in the question. From this apply your knowledge of this topic to the question, followed by a balanced argument of the pro's and con's.</li> <li>• Always use or give sporting examples.</li> <li>• Remember to note the impact on performance when discussing topics that can improve performance. An impact simply IS NOT 'to keep going'. You must state to keep going at your best possible race pace to complete the marathon in the quickest time you possibly can to beat your competition!</li> </ul>