

Subject: Physical Education
Exam board: Edexcel
Overall exam code: 2PE01

Exam contents:

Paper/module no.	Length	Content	Exam date	Percentage of overall GCSE
01 Physiological factors affecting performance	1HR	1.1 Applied anatomy and physiology 1.2 Physical training	TBC	30%
02 Socio-cultural issues and sports psychology	1HR	2.1 Socio-cultural influences 2.2 Sports psychology 2.3 Health fitness and well being	TBC	30%
NEA performance in physical education	With external moderator	3.1 Practical Performance 3.2 Analysis and Evaluation of Performance (AEP)	TBC	40%

Exam advice

1. Read the question at least twice to understand what it is asking. Focus on key words and underline them to guide your response e.g. *describe, define, explain, compare, analyse, discuss, evaluate*
2. Apply key terms where relevant.
3. Remember, the first answer is marked, not the second or third if you have flooded the answer with multiple answers.
4. Re-read your answers to ensure that your grammar and terminology are correct.
5. Try to stick to the minute a mark rule; don't waste too much time on short answer questions and make sure you answer every question.
6. For long-answer questions (6 marks) start with the simple answer and expand to provide evidence to support your response.
7. The revision guide is your best source of information but use the text book to help gain deeper understanding, use both of them to get the best marks.

Revision hints

- Make your own glossary and revise key terms as identified in the syllabus.
- Create a revision timetable for yourself from the list of topics. Spend more time initially on topics you are unsure of.
- Make good use of the booklets on long-answer questions and past papers which have been given to you by your GCSE teacher.
- Practice exam questions and hand them in to be marked by the teacher so you have feedback.

- Use different stimuli to help you revise. For example – print a picture of Mo Farrah and annotate it in a spider diagram looking at training methods, diet, muscle fibres, key influences, goal setting, somatotypes etc.
- Relate everything you learn to your own experience to help make it stick.

Revision Topics

Area of Study 1.1

	Specification Content	☺	☹	☹
1.1a The structure of the skeleton	Location of the bones Function of the skeleton Types of synovial joint Types of movement at the hinge and ball and socket joints Other components of the joints.			
1.1b The structure and function of the muscular system	Location of the major muscles Roles of muscle in the movement.			
1.1c Movement analysis	Level systems Planes of movement Axes of rotation			
1.1d Cardio vascular and Respiratory System	Structure and function of the circulatory system Structure and function of respiratory system Aerobic and Anaerobic exercise			
1.1e Effect of exercise on the body systems	Short term effects of exercise on both Circulatory and Respiratory Systems Long term effects of exercise on both systems			

Area of Study 1.2

	Specification Content	☺	☹	☹
1.2a Components of Fitness	Components of Fitness			
1.2b Applying the principle of training	Principles of training Optimising Training (training methods)			
1.2c Preventing injury in physical activity and training	Prevention of injury			

Area of Study 2.1

	Specification Content	☺	☹	☹
2.1a	Physical activity and sport in the UK Participation in physical activity and sport			

Engagement patterns of different social groups in Phys Ed and Sports				
2.1b Commercialisation of sport	Commercialisation of sport			
2.1c Ethical and Socio-Cultural issues in physical activity and sport	Ethics in sport Drugs in sport Violence in sport			

Area of Study 2.2 Sports Psychology

	Specification Content	☺	☹	☹
2.2 Sports Psychology	Characteristics of Skill Classification of Skill Goal setting Mental Preparation Types of Guidance Types of feedback			

Area of Study 2.3 Health Fitness and Well being

	Specification Content	☺	☹	☹
2.3 Health Fitness and Well being	Health, fitness and well being Diet and Nutrition			