

**Revision Topic Lists**

**Subject: GCSE PE**

Mini Assessment 1	Mini Assessment 1
Bones	Understanding the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen)
Structure of the skeleton	The use of aerobic and anaerobic exercise in practical examples of differing intensities
Functions of the skeleton	The components of fitness
Muscles of the body	Linking sports and physical activity to the required components of fitness
Structure of a synovial joint	Types of training
Types of freely movable joints that allow different movements	Considerations to prevent injury
How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints	Warming up and cooling down
Muscle movements and contractions	Arousal
The pathway of air	Inverted-U theory
Blood vessels- vasoconstriction/vasodilation	How optimal arousal levels vary according to the skill being performed in a physical activity or sport
The cardiac cycle and the pathway of the blood	Spectator behaviour (the positive and the negative effects of spectators at events)
Cardiac output, stroke volume and heart rate	Reasons why hooliganism occurs
Short-term effects of exercise (24 to 36 hours after exercise)	Strategies employed to combat hooliganism/ spectator behaviour
Long-term effects of exercise (months and years of exercising)	
The components of fitness	
Linking sports and physical activity to the required components of fitness	
Reasons for and limitations of fitness testing	
Measuring the components of fitness	
The principles of training and overload	
Types of training	
Quantitative data and qualitative data	

