

End of Year Assessment for Year 10

Subject: GCSE PE

Contact: Mr Oliver Quail / Mr Newson

Assessment will take place on the week commencing: 14th MAY

Revision topics:

- Location of major bones
- Functions of the skeleton
- Types of synovial joint
- Types of movement at hinge joints and ball and socket joints
- Other components of joints
- Location of major muscle groups
- The roles of muscle in movement
- Lever systems
- Planes of movement and axes of rotation
- Structure and function of the cardiovascular system
- Structure and function of the respiratory system
- Aerobic and anaerobic exercise
- Short-term effects of exercise
- Long-term (training) effects of exercise
- Components of fitness
- Principles of training
- Optimising training
- Prevention of injury

Useful revision strategies

Revisit homework tasks

BOOST Tasks

Revision booklet

Student's folder

Websites and resources to support revision

BBC bytesize

www.teachpe.com

Revision guides (available to buy from academy website scopay)