

## End of Year Assessment for Year 9

**Subject:** GCSE PE

**Contact:** Mr Oliver Quail / Miss B Stirland / Mr B Burton

**Assessment will take place on the week commencing:** 4<sup>th</sup> JUNE

### **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](http://www.teachpe.com)

Revision guides (available to buy from academy website scopay)