

GCSE PE

Revise like a star!



Subject	Topic	Activity	Resources
GCSE PE – Fitness and body systems	- Skeletal system - Muscular system - Cardiovascular system - Respiratory system - Components of fitness, fitness tests and methods of training - Biomechanics and other factors	- A year in 10 minutes mind map - Key term definitions - Exam question and past paper practice - Revision videos	https://www.bbc.co.uk/bitesize/examspecs/zxbg39q https://www.amazon.co.uk/Revise-Edexcel-Physical-Education-Revision/dp/1292135123 https://www.youtube.com/watch?v=Im0itVLWVNk F&B Year in 10 mins mind map.pdf
GCSE PE – Health and performance	- Physical, social and emotional health - Diet and hydration - Sports psychology - Sport and cultural influences	- A year in 10 minutes mind map - Key term definitions - Exam question and past paper practice - Revision videos	https://www.bbc.co.uk/bitesize/examspecs/zxbg39q https://www.amazon.co.uk/Revise-Edexcel-Physical-Education-Revision/dp/1292135123 https://www.youtube.com/watch?v=vvTY1F-0oOE H & P Year in 10 mins mind map.pdf