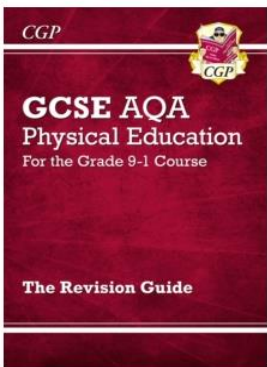




# Year 11 Physical Education Revision Checklist 2021

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|---|---|--|--|
| <b>Subject:</b> GCSE PE   |   | <b>Paper:</b> Paper 1 (Human body and movement) & Paper 2 (Socio-cultural influences in sport)   | <b>Duration:</b> 1 hour 15 minutes p/paper |
| <b>What to revise:</b><br><br> |   | <b>How to revise it:</b><br>Use of JD & SL Y9/Y10 & Y11 exercise books plus the following support and YouTube videos:<br><br>1) AQA GCSE PE PAPER 1 - 11 videos (Josh) - Purely Anatomy and Physiology but you can select individual topics without trawling full videos - Downside - It lacks application, very AO1 but useful for recalling raw knowledge<br><br>2) GCSE PE PAPER 2 - LAST MINUTE REVISION LIVE (1:34) - Interactive and covers most AO1/AO2 with some AO3 concepts, you can decide if you wish for the interactive responses to be switched on or off. Downside - It lacks visual aids and is heavily verbal. Pick off in small chunks.<br><br>3) GCSE PE 9-1 LAST MINUTE REVISION 2019 (3:50) - Brilliant! AO1/AO2/AO3 with walking talking exam question practice. Very interactive and engaging. Pause on questions and map out answers, then mark using the video. Pick off in smaller chunks, take full advantage of this fantastic free resource<br><br><b>Plus the following pages from the AQA GCSE PE revision book:</b> |  |
| 1   | Skeleton/Bones  | AQA Revision book – Pages 1-4<br>Ever Learner – lesson videos, practice area, test yourself area.  |  |
| 2   | Joints & Movement   | AQA Revision book – Pages 4-6<br>Ever Learner – lesson videos, practice area, test yourself area.  |  |
| 3   | The muscular system & Antagonistic pairs                      | AQA Revision book – Page 5-6<br>Ever Learner – lesson videos, practice area, test yourself area.   |  |
| 4   | Diet & Nutrition (including energy balance and dehydration)   | AQA Revision book – Pages 57-58<br>Ever Learner – lesson videos, practice area, test yourself area.  |  |
| 5   | Somatotypes   | AQA Revision book – Page 59<br>Ever Learner – lesson videos, practice area, test yourself area.  |  |
| 6   | Sedentary lifestyle/Obesity                                   | AQA Revision book – Page 56<br>Ever Learner – lesson videos, practice area, test yourself area.  |  |
| 7   | The Cardiovascular System (Circulatory & Respiratory systems) | AQA Revision book – Pages 7-10<br>Ever Learner – lesson videos, practice area, test yourself area.   |  |
| 8   | Using data  | AQA Revision book – Pages 61<br>Ever Learner – lesson videos, practice area, test yourself area.   |  |
| 9   | Health & Fitness  | AQA Revision book – Pages 54-55  |  |

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|    |   | Ever Learner – lesson videos, practice area, test yourself area.   |
| 10 | Components of fitness   | AQA Revision book –<br>Pages 20-23<br>Ever Learner – lesson videos, practice area, test yourself area.             |
| 11 | Fitness Testing   | AQA Revision book –<br>Pages 24-26<br>Ever Learner – lesson videos, practice area, test yourself area.             |
| 12 | Aerobic & Anaerobic exercise/Methods of Training/SPORT/FITT/Zones/Effects of exercise | AQA Revision book –<br>Pages 27 -33<br>& 11-15<br>Ever Learner – lesson videos, practice area, test yourself area. |
| 13 | Preventing Injury/Warm up/Cool Down/Seasonal Training                                 | AQA Revision book –<br>Pages 34-35<br>Ever Learner – lesson videos, practice area, test yourself area.             |
| 14 | Classification of Skill   | AQA Revision book –<br>Page 37<br>Ever Learner – lesson videos, practice area, test yourself area.                 |
| 15 | Goals & Target Setting  | AQA Revision book –<br>Page 38<br>Ever Learner – lesson videos, practice area, test yourself area.                 |
| 16 | Information Processing  | AQA Revision book –<br>Page 40<br>Ever Learner – lesson videos, practice area, test yourself area.                 |
| 17 | Guidance  | AQA Revision book –<br>Page 39<br>Ever Learner – lesson videos, practice area, test yourself area.                 |
| 18 | Feedback  | AQA Revision book –<br>Page 39<br>Ever Learner – lesson videos, practice area, test yourself area.                 |
| 19 | Arousal & Aggression  | AQA Revision book –<br>Pages 41-42<br>Ever Learner – lesson videos, practice area, test yourself area.             |
| 20 | Motivation  | AQA Revision book –<br>Pages 42<br>Ever Learner – lesson videos, practice area, test yourself area.                |
| 21 | Biomechanics in sport<br>Movement Analysis -<br>(planes/levers/axes)                  | AQA Revision book –<br>Pages 17-18<br>Ever Learner – lesson videos, practice area, test yourself area.             |
|    | Answering exam questions  | AQA Revision book –<br>Pages 65-66<br>Ever Learner – lesson videos, practice area, test yourself area.             |
|    | Answers to quizzes in book  | AQA Revision book –<br>Pages 67-71<br>Ever Learner – lesson videos, practice area, test yourself area.             |
|    | GCSE PE word bank/glossary  | AQA Revision book –<br>Pages 72-74<br>Ever Learner – lesson videos, practice area, test yourself area.             |