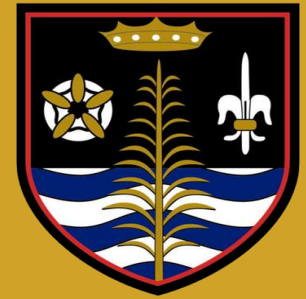


GCSE Physical Education

Revision Guide

Qualification details



Edexcel GCSE PE

Component 1 – Fitness and Body Systems (1 hour 45 minutes)

Topics: Applied anatomy and physiology, movement analysis, physical training and use of data

Component 2 – Health and Performance (1 hour 15 minutes)

Topics: Health, fitness and well-being, sports psychology, socio cultural influences and use of data

Component 3 – Practical Performance (marked and moderated on 3 sports)

Component 4 – Personal Exercise Programme (PEP)

Useful Revision Books

- Revise Edexcel GCSE (9-1) Physical Education Revision Guide
- Revise Edexcel GCSE (9-1) Physical Education Revision Workbook

Both of these can be purchased on ParentPay

Useful Websites

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

GCSE PE

PE department top tips for Revision

- Practice lots of exam papers and read the mark schemes so you know what the examiner is looking for
- Create revision cards on each topic so you can constantly quiz / refresh your knowledge in manageable chunks
- Constantly test yourself on knowledge curriculum question worksheets. If you do not have the basic knowledge on the topic, you will not be able to go into greater depth and access the higher marks. The specification has lots of knowledge based curriculum facts which are vital to know.