



## AQA GCSE PE Paper 1 Mock Revision List

Year 11 – March 2025 (Everlearner checkpoints 1-8)

<p>Anatomy &amp; physiology</p> <ul style="list-style-type: none"> <li>- The structure and functions of the musculoskeletal system</li> <li>- The structure and functions of the cardio-respiratory system</li> <li>- Anaerobic and aerobic exercise</li> </ul>	<ul style="list-style-type: none"> <li>- Structure of the Skeletal System</li> <li>- Functions of the Skeletal System</li> <li>- Synovial Joints</li> <li>- Muscle Movements (Isometric/isotonic, Concentric and Eccentric)</li> </ul> <hr/> <ul style="list-style-type: none"> <li>- Pathway of air</li> <li>- Gaseous Exchange</li> <li>- Blood Vessels</li> <li>- Structure of heart and cardiac cycle</li> <li>- Cardiac output Stroke Volume, heart rate</li> <li>- Mechanics of breathing</li> <li>- Spirometer Trace</li> </ul> <hr/> <ul style="list-style-type: none"> <li>- Types of respiration</li> <li>- Energy systems in sport</li> <li>- The short and long term effects of exercise</li> </ul>
<p>Movement analysis</p>	<ul style="list-style-type: none"> <li>- Lever systems and mechanical advantage</li> <li>- Planes and axes of movement</li> </ul>
<p>Physical Training</p>	<ul style="list-style-type: none"> <li>- Relationship between health &amp; fitness</li> <li>- The components of fitness and measuring components of fitness</li> <li>- Fitness testing and limitations of fitness testing</li> <li>- The principles of training</li> <li>- Types of training</li> <li>- Optimise training, calculating intensities, seasonal aspects &amp; prevent injury</li> <li>- Effective use of warm up and cool down</li> </ul>
<p>Use of data and presenting data</p>	<ul style="list-style-type: none"> <li>- Quantitative</li> <li>- Qualitative</li> </ul>

### Essential equipment

Black pens, pencils, rubber, 30cm ruler and scientific calculator.

### Revision materials

CGP Grade 9-1 GCSE Physical Education: AQA revision guides and workbooks.  
Revision resources on Teams, SharePoint, GCSEpod and kerboodle.  
The Everlearner resources and youtube videos



# Testbourne Community School

## **Suggested revision activities**

Make mind maps, revision mats or flash cards for each topic. Answer practice exam questions and use mark schemes to check and correct your answers. There are practice questions and mark schemes on SharePoint.

Complete every checkpoint on The Everlearner.