



Subject: **GCSE PE**

## Year 11 First Mock

### Revision Topics

All the slides you will need to assist you are located on google classroom. Use your year 10 & 11 exercise book to help you revise.

Use the GCSE PE Bitesize website to help you-

<https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

#### Component 1

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Short & long term effects of exercise on the 4 systems above.
- Aerobic & Anaerobic exercise
- Components of fitness
- Training methods
- Principles of training
- Sports injuries
- Warm ups & cool downs
- Performance enhancing drugs