



PE	Year 10
End of year exam topics- Wednesday April 30th, 2025.	
Revision topics	<ul style="list-style-type: none"><li>• Principles of training.</li><li>• Training methods</li><li>• Ways to reduce injury in physical activity</li><li>• Sports injuries</li><li>• Fitness testing</li><li>• Performance enhancing drugs</li><li>• Types of muscle</li><li>• Vascular shunting</li><li>• Voluntary/Skeletal muscles</li><li>• Antagonistic muscle pairs</li><li>• Muscle fibre types</li><li>• Bones of the body</li><li>• Types/function of bones</li><li>• Movements possible at joints</li><li>• Functions of CV system</li><li>• Types of blood vessels</li><li>• Components of blood</li><li>• Labelling/pathway of blood through the heart.</li></ul>
<b>Exam tips</b> <ul style="list-style-type: none"><li>• Aim to spend 1 mark per minute on each question. Some questions you might be able to answer quicker.</li><li>• If you are asked to give a sporting example, you <b>MUST</b> be specific- what position/skill/scenario of game- <b>DO NOT</b> just write 'football'.</li><li>• Read <b>EVERY</b> question at least twice before you attempt your answer- it's so easy to misread a question or get caught out- 'Which of these is <b>NOT</b>'.</li><li>• If a question is worth 2 marks- write 3 different points- 3 marks- 4 different points etc-just in case one of your points is wrong, this is a safety net.</li><li>• Don't spend too long on a question as it could cause you to fall behind and be rushing towards the end of the paper.</li></ul>	

**Never leave any question BLANK! Always have a go and guesstimate.**

**9-mark question advice**

**Remember: H-D-C-C-**

- **HIGHLIGHT KEY WORDS**
- **DEFINITIONS**
- **COMPARE AND CONTRAST / SPORTING EXAMPLES**
- **CONCLUSION**
- **The mark scheme is split into the sections-**
- **A01,A02 & A03- each worth up to 3 marks maximum.**
- **Therefore, if you don't include anything for A03 but AO1 & AO2 were answered perfectly, you'd still only get a max. mark of 6/9.**
- **A01- Knowledge (3 marks)**
- **A02- Application of knowledge (3 marks)**
- **A03- Analysis/Evaluation (3 marks)**