



## PE GCSE

Exam Board: Edexcel

Component 1: written paper	Fitness and Body systems	1 hour and 45 minutes	90 marks (36% of qualification)
Component 2: written paper	Health and Performance	1 hour and 15 minutes	70 marks (24% of qualification)
Component 3: Practical Performance	3 sports, One team One individual, One free choice	1 day moderation	105 marks (30% of qualification)
Component 4: Written coursework	Personal Exercise Programme		20 marks (10% of qualification)

### Suggested revision activities to help your child prepare for the PE exam:

#### Mind-Mapping

This is a great way of testing what you already know and organising your notes effectively. You might start by only using what you can remember, and then use your exercise book and any other resources to add to your notes.

Power = Strength x Speed, completing strength activities quickly.

What else could you add?

*Power – The boxer needs power to be able to punch hard to knock the opponent out.  
The fitness test for power is – standing board jump.*

To train for power the boxer could do weight training – high weight/low reps.



#### Create a glossary of terms

Encourage your child to go back through their exercise book and create a glossary of all of the key terms. They then need to link them to a sporting example

Term	Definition	Look/ cover/ write/ check practise	Link to a sporting example

Encourage your student to organise their revision notes in order to help them to remember all of the important information. They could try using a table (see below).

I have started one on body systems for them...

Body System	Functions	Definitions	Short effects of Exercise	Long term effects of Exercise	Diet	Drugs	Other
Skeletal	<ul style="list-style-type: none"> <li>Muscle attachment.</li> <li>Production of blood cells.</li> <li>Protection of vital organs.</li> <li>Mineral storage.</li> </ul>	Ligaments = joins bone to bone.	There are none	Weight bearing exercise = increases bone density	Calcium	None	Joints. Bone classification