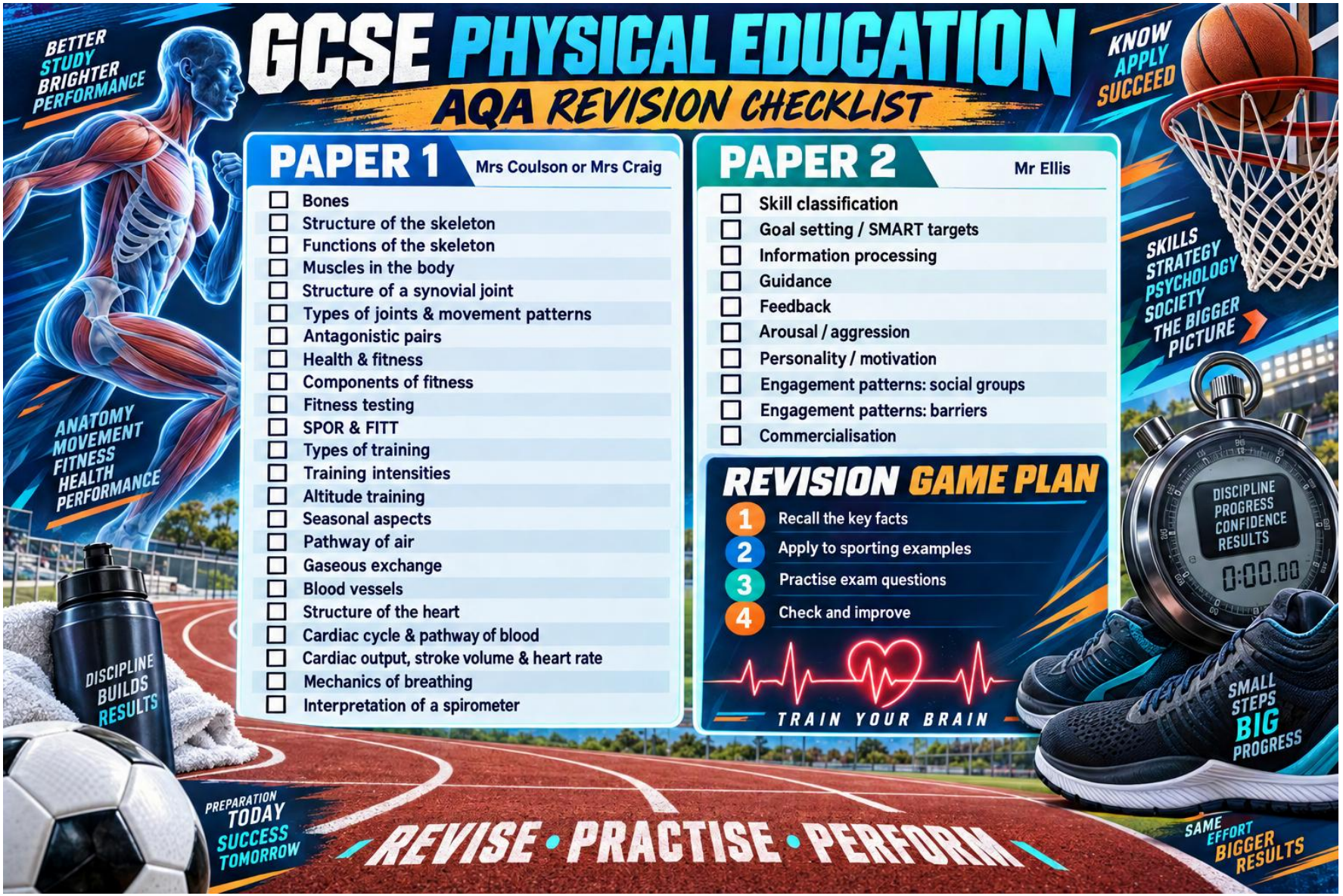
BETTER STUDY BRIGHTER PERFORMANCE
GCSE PHYSICAL EDUCATION
AQA REVISION CHECKLIST
KNOW APPLY SUCCEED
PAPER 1
Mrs Coulson or Mrs Craig
Bones
Structure of the skeleton
Functions of the skeleton
Muscles in the body
Structure of a synovial joint
Types of joints & movement patterns
Antagonistic pairs
Health & fitness
Components of fitness
Fitness testing
SPOR & FITT
Types of training
Training intensities
Altitude training
Seasonal aspects
Pathway of air
Gaseous exchange
Blood vessels
Structure of the heart
Cardiac cycle & pathway of blood
Cardiac output, stroke volume & heart rate
Mechanics of breathing
Interpretation of a spirometer
PAPER 2
Mr Ellis
Skill classification
Goal setting / SMART targets
Information processing
Guidance
Feedback
Arousal / aggression
Personality / motivation
Engagement patterns: social groups
Engagement patterns: barriers
Commercialisation
REVISION GAME PLAN
1 Recall the key facts
2 Apply to sporting examples
3 Practise exam questions
4 Check and improve
TRAIN YOUR BRAIN
SKILLS STRATEGY PSYCHOLOGY SOCIETY THE BIGGER PICTURE
ANATOMY MOVEMENT FITNESS HEALTH PERFORMANCE
DISCIPLINE PROGRESS CONFIDENCE RESULTS
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DISCIPLINE BUILDS RESULTS
SMALL STEPS BIG PROGRESS
PREPARATION TODAY SUCCESS TOMORROW
REVISE • PRACTISE • PERFORM
SAME EFFORT BIGGER RESULTS