



GCSE Physical Education

Paper 1

- Muscular System - location of major muscle groups, the roles of muscles in movement
- Skeletal System – Location of major bones, functions of the skeleton
- Synovial Joints – Synovial Joints, types of joint, ligaments, tendons and cartilage, movements at joints
- Planes of movement & Axes of rotation
- Lever systems
- Components of Fitness and fitness tests
- Structure and function of the cardiovascular system – pathway of blood

Paper 2

- Skill Classification
 - Characteristics of a Skilful Movement
 - SMART goal setting
 - Types of Guidance
 - Mental preparation techniques