



West Park School
GCSE Physical Education
Mock Examination 2024

In readiness for your mock examination in GCSE PE you must **LEARN** and **REVISE** the following content:

Topics
The skeletal system and how it can affect performance in sport
The characteristics of joints and the types of movement possible at each
The Muscular system
The Cardiovascular system
The Respiratory system
Short term effects of exercise and the relevance of this to the player/performer
Lever systems and their use in physical activity and sport
Planes and axes
Warm ups and cool downs
Components of fitness and the relative importance of these components in physical activity and sport
Fitness tests – theory and practice
Principles of training
Methods of training for specific components of fitness, physical activity and sport
Long term training effects on the musculo-skeletal system and cardio-respiratory system
Identification of injury, treatment and common sports injuries
Injury prevention in sport and physical activity
Performance enhancing drugs – types, advantages and disadvantages
Use of data