**GCSE PE Revision**

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| **Topic** | **Sub-topic** | **Revised?** |
| **The structure and function of the skeletal system** | 1. *Location of major bones* 2. *Functions of the skeleton* 3. *Synovial joints, ligaments, tendons and cartilage* 4. *Movement at hinge and ball and socket joints* |  |
| **The structure and function of the muscular system** | 1. *Location of major muscle groups* 2. *The roles of muscles in movement* |  |
| **Movement analysis** | 1. *Lever systems* 2. *Planes of movement* 3. *Axes of rotation* |  |
| **The cardiovascular and respiratory system** | 1. *Cardiovascular system* 2. *Respiratory system* 3. *Aerobic and anaerobic exercise* |  |
| **Effects of exercise on body systems** | 1. *Short-term effects of exercise* 2. *Long-term effects of exercise* |  |
| **Components of fitness** | 1. *Components of fitness* |  |
| **Applying the principles of training** | 1. *Principles of training* 2. *Optimising training* |  |
| **Preventing injury in physical activity and training** | 1. *Injury prevention* |  |
| **Socio-cultural influences** | 1. *Engagement patterns of different social groups in physical activities and sports* |  |
| **Commercialisation of physical activity and sport** | 1. *Commercialisation of sport* |  |