

Year 11 Revision List

GCSE PE Year 11 Revision List Mock 2024 - Paper 1

PAPER ONE J587/01 Physical factors affecting performance

1.1 Applied anatomy and physiology

1.1.a. The structure and function of the skeletal system

- Location of major bones
- Functions of the skeleton
- Types of synovial joint
- Types of movement at hinge joints and ball and socket joints
- Other components of joints
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1.1.b. The structure and function of the muscular system

- Location of major muscle groups
- The roles of muscle in movement
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- 1.1.c. Movement analysis
 - ● Lever systems
 - ● Planes of movement and axes of rotation

1.1.d. The cardiovascular and respiratory systems

- Structure and function of the cardiovascular system
- Structure and function of the respiratory system

1.1.e. Effects of exercise on body systems

- Short-term effects of exercise
- Long-term (training) effects of exercise

1.2 Physical training

1.2.a. Components of fitness

1.2.b. Applying the principles of training

- Types of training

1.3. Preventing injury in physical activity and training

1.3.C● Minimising the risk of injury