

GCSE PE – WJEC EDUQAS

Topics to Revise

Examination Board: WJEC EDUQAS

1. Health Training and Exercise

- Health, Fitness, and Wellbeing
- Diet and Nutrition
- Components of Fitness
- Methods of Training
- Principles of Training
- Warm-ups and Cool downs

2. Exercise Physiology

- Muscular-skeletal system
- Cardio-respiratory system
- Aerobic and anaerobic exercise
- Short and Long term effects of exercise

3. Movement analysis

- Muscle contractions
- Levers, planes and axes of movement
- Sports technology

4. Psychology of sport

- Goal setting and mental preparation/motivation
- Information processing model
- Classification of skills
- Guidance and Practice

5. Social and Cultural issues in Sport

- Factors affecting participation.
- Commercialisation of Sport
- Ethical issues in sport



Examination Papers

1 exam paper – 2 hour written exam totalling 120 marks (60% of the course)
Assessment through short and long questions.

School Revision Resources

Class Revision notes

Revision Booklets

Past paper question/mark scheme booklets

After school revision classes (check school social media for dates and times)

Intensive revision session before the exam (check school social media for dates and times)

Online Resources

https://www.eduqas.co.uk/qualifications/physical-education-gcse/#tab_pastpapers

https://www.eduqas.co.uk/qualifications/physical-education-gcse/?sub_nav_level=digital-resources#tab_resources

<https://www.bbc.co.uk/bitesize/examspecs/z2v3ycw>