

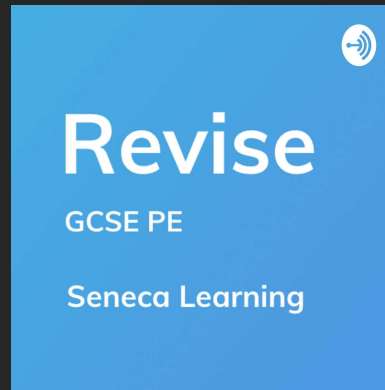
GCSE PE REVISION RESCOURCES



Spotify- GCSE PE Podcast's



Youtube - GCSE PE Revision Videos



Seneca- GCSE PE Revision Quizzes

Health: A state of complete **emotional, physical and social** wellbeing and not merely the absence of disease.

A training programme requires:

- Planning (aims and design)
- Developing
- Monitoring
- Evaluating

	Aim
Design	
Develop	
Monitor	

Physical Health	
Benefits of regular exercise	Achieved health benefits
Burns	Reduce chance of obesity
Strengthens	Reduced chance of osteoporosis
Reduces	Reduced chance of stroke & CHD
Negative effects of training on physical health	
Over exertion can cause an increase in blood pressure which can lead to a heart attack or stroke	
Overuse injuries such as tennis elbow may prevent you from taking part in physical activity for several weeks	
Emotional Health	
Benefits of regular exercise	Achieved health benefits
Takes your mind off your problems	Relieve stress
Increases _____ levels	Prevents depression
Enjoyable and fun	Reduce boredom
Provide a _____	Provide companionship
Makes you feel _____	Improve confidence/self esteem
Involves watching skilful performances	Aesthetic appreciation

Sharepoint- Learning Mats

GCSE PE (9-1) - 5 a day revision questions 2020

Complete 5 practice exam questions a day to help you succeed. Use any highlighted gaps in your knowledge to focus your revision. Good luck!

1. Which one of these is incorrect?
(1)

A - The skeleton provides oxygen for the working muscles
B - The skeleton provides protection for vital organs
C - The skeleton provides structural shape and points for attachment
D - The skeleton provides support

2. Identify where gas exchange takes place?
(1)

A - Bronchi
B - Alveoli
C - Bronchioles
D - Diaphragm

3. Performers should use the principles of overload (frequency, intensity and time) when training.
Define frequency, intensity and time.
(3)

(i) Frequency
.....

(ii) Intensity
.....

Sharepoint- 5 Questions a Day



BBC Bitesize- Edexcel GCSE PE



Quizlet- Key Terminology Match Up

GCSE Theory

Fitness & Body Systems: Physical Training

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Sharepoint- GCSE Theory Workbooks