

# Physical Education (AQA)

<b>Exam Duration Paper 1</b>	1 hr 15mins	<b>Equipment</b>	Pen, calculator, ruler, pencil
<b>Revision Resources</b>	<a href="http://www.bbc.co.uk/education/subjects/znyb4wx">http://www.bbc.co.uk/education/subjects/znyb4wx</a> AQA GCSE (9-1) PE second edition ISBN 9781510405233		
<b>Exam Revision Checklist</b>			
<b>Paper 1</b>			
<b>Content</b>			<b>Revised?</b>
<b>Health &amp; Fitness</b> <ul style="list-style-type: none"> <li>• Short term effects of exercise</li> <li>• Long term effects of exercise</li> </ul>			
<b>Components of fitness</b> <ul style="list-style-type: none"> <li>• Definitions of components of fitness</li> <li>• Sporting examples</li> </ul>			
<b>Fitness testing</b> <ul style="list-style-type: none"> <li>• limitations of fitness testing</li> </ul>			
<b>Principles of training</b> <ul style="list-style-type: none"> <li>• Types of training - circuit interval and weight</li> </ul>			
<b>Structure of the skeleton</b> <ul style="list-style-type: none"> <li>• Location of bones</li> <li>• Location of joints</li> <li>• Structure of a joint</li> </ul>			
<b>Functions of the skeleton</b> <ul style="list-style-type: none"> <li>• Function of a joint</li> <li>• Joint movements</li> </ul>			
<b>Muscles of the body</b> <ul style="list-style-type: none"> <li>• Antagonistic muscle pairs</li> <li>• Types of contraction</li> </ul>			
<b>Movement analysis:-</b> <ul style="list-style-type: none"> <li>• First, second and third class lever systems within sporting examples</li> <li>• Analysis of basic movements in sporting examples</li> <li>• Planes and axes of movement.</li> <li>• Labelling lever joints</li> </ul>			

**Cardiorespiratory system**

- EPOC
- Redistribution of blood
- Pathway of blood

**Interpreting data**

- Quantitative
- Qualitative
- Interpreting graphs