

# GCSE PE Revision Calendar

Topics covered so far:

## September:

- Skeletal and muscular system

## October:

- Cardiovascular and Respiratory system

## November:

- Aerobic and anaerobic respiration
- Exam questions practice

## December:

- Short and long term effects of exercise



<b>1</b> What are the 6 functions of the human Skeleton?	<b>2</b> Use a practical example to explain when lactic acid is produced.	<b>3</b> Use a practical example to identify a function of the Sternum.	<b>4</b> What are the 3 main types of blood vessel?	<b>5</b> Name two pairs of antagonistic muscles	<b>6</b> Define Cardiac output	<b>7</b> What is the function of cartilage in a joint?
<b>8</b> During the execution phase of kicking a ball, what muscle is the agonist?	<b>9</b> Name 3 short term effects of exercise on the respiratory system	<b>10</b> What is the function of a ligament?	<b>11</b> Define Tidal volume	<b>12</b> What are the movement types possible at a hinge joint?		
<h1><u>JANUARY</u></h1>						
<b>13</b> Bicep curl is an example of flexion, can you name another?	<b>14</b> Label the diagram in the main picture.	<b>15</b> Define Stroke volume.	<b>16</b> Describe a sporting example for abduction?	<b>17</b> Name 3 examples of anaerobic exercise in sport.		
<b>18</b> Name 3 short term effects of exercise on the muscular system	<b>19</b> Using a sporting example explain how the main function of the cranium	<b>20</b> Define minute ventilation.	<b>21</b> Name 3 short term effects of exercise on the Cardiovascular system.	<b>22</b> Name 3 examples of aerobic exercise in sport.	<b>23</b> Name the agonist and antagonist during the upwards phase of a bicep curl.	<b>24</b> Name 3 long term effects of exercise on the muscular system.
<b>25</b> What is the function of Synovial fluid?	<b>26</b> Using a sporting example, explain vascular shunt (5 marks)	<b>27</b> Name 3 long term effects of exercise on the respiratory system.	<b>28</b> What movement types are found at the shoulder joint?	<b>29</b> Describe the mechanics of breathing during inspiration.	<b>30</b> Using a sporting example define flexion and extension.	<b>31</b> Name 3 long term effects of exercise on the cardiovascular system.

# GCSE PE Revision

## Calendar

### September:

- Skeletal and muscular system and levers

### October:

- Cardiovascular and Respiratory system

### November:

- Aerobic and anaerobic respiration
- Exam questions practice

### December:

- Short and long term effects of exercise

### January


- Components of fitness and testing
- SPORT and FITT principle



<b>1</b> Describe the mechanics of breathing using the key terms: diaphragm / intercostal muscles	<b>2</b> Give an example in Football of when lactic acid is produced	<b>3</b> Locate the following bones in the body: Ulna Tibia Clavicle	<b>4</b> What is the definition of Agility?	<b>5</b> Use a sporting example to describe rotation	<b>6</b> Define Cardiac output	<b>7</b> What is the function of synovial fluid in a joint?
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<b>8</b> Aerobic or anaerobic? 100m sprinter Shot put thrower Marathon runner Long jumper Endurance cyclist	<b>9</b> Name 3 short term effects of exercise on the respiratory system	<b>10</b> Give a sporting example of a second class lever	<b>11</b> What is a fixator?	<b>12</b> What are the movement types possible at a ball and socket joint?
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# February

<b>13</b> Name 3 short term effects of exercise on the Cardiovascular system	<b>14</b> Explain which component is most important for the athlete in the picture.	<b>15</b> Name 3 long term effects of exercise on the muscular system	<b>16</b> What test is being performed here and what does it test? 	<b>17</b> Define Tidal volume
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<b>18</b> Define Stroke volume	<b>19</b> Describe how to conduct 2 different fitness tests for cardiovascular endurance	<b>20</b> Name all 10 components of fitness?	<b>21</b> What is the antagonist during the execution phase of a jab in boxing?	<b>22</b> What are two impacts of lactic acid on performance?	<b>23</b> Name 3 long term effects of exercise on the cardiovascular system	<b>24</b> What does SPOR stand for?
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<b>25</b> Name 3 long term effects of exercise on the respiratory system	<b>26</b> What is this test called and what is the component of fitness? 	<b>27</b> During the preparation phase of kicking a ball, which muscle is the agonist?	<b>28</b> What does FITT stand for?
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### Extra-time

Have a go at conducting a number of the different fitness tests at home!

Can you get a personnel best?!



# GCSE PE Revision

## Calendar



### September:

- Skeletal and muscular system and levers

### October:

- Planes
- Cardiovascular and Respiratory system

### November:

- Aerobic and anaerobic respiration
- Exam questions practice

### December:

- Short and long term effects of exercise

### January

- Components of fitness and testing
- SPORT and FITT principle

### February

- Training methods

**1**  
Describe circuit training (3)

**2**  
What is the definition of Speed?

**3** Locate the following bones in the body:  
Ulna  
Tibia  
Clavicle

**4** Explain why a 100m sprinter is not able to maintain the same speed over 400m.

**5**  
Use a sporting example to describe abduction

**6**  
Define minute ventilation

**7**  
Name 2 functions of cartilage in a joint? (2)

**8**  
Give an example in Basketball of when lactic acid is produced

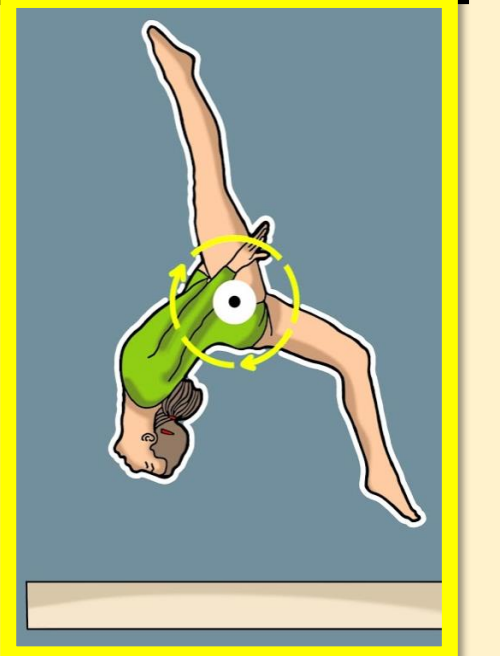
**9**  
What is capillarisation?

**10**  
Give a sporting example of a third class lever

**11**  
Describe HIIT training (2)

**12**  
Name 3 long term effects of exercise on the muscular system

# March



**13**  
Explain the role of the respiratory muscles during inspiration (4)

**14**  
Gymnast – Identify the movement type at:  
The right hip  
The left hip

**15**  
Describe weight training for improving muscular endurance

**16**  
What test is being performed here and what does it test?

**17**  
Define Tidal volume

**18**  
Define Stroke volume

**19**  
Describe how to conduct 2 different fitness tests for power.

**20**  
Explain situations in a game of netball when a player would work aerobically and anaerobically (2)

**21**  
What is the antagonist during the upwards phase of a press up?

**22**  
What three things does lactic acid cause?

**23**  
Name 3 long term effects of exercise on the cardiovascular system

**24**  
What is reversibility?

**25**  
Name 3 long term effects of exercise on the respiratory system

**26**  
Describe the structure of a capillary (1)

**27**  
During the execution phase of kicking a ball, which muscle is the agonist?

**28**  
Compare fartlek and continuous training (3)

**29**  
Which blood vessel connect the lungs to the left Atrium/

**30**  
Using a sporting example define circumduction

**31**  
Which plane of movement is being used by the gymnast?