

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



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

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January

- Components of fitness and testing
- SPORT and FITT principle




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



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



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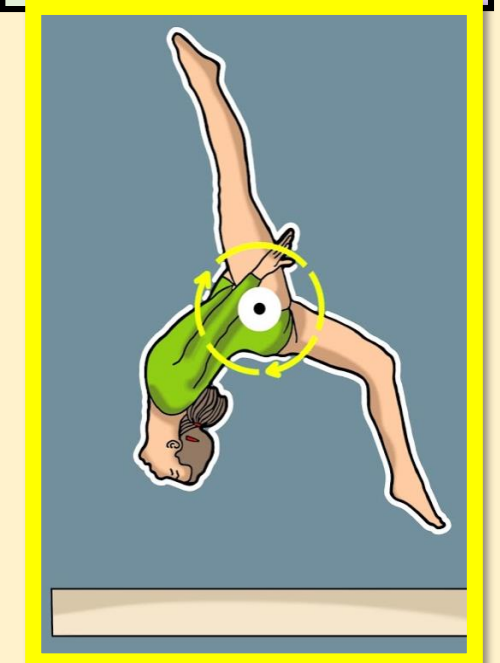
February


- 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)
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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
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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
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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?
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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?
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