

GCSE PE Personalised Learning Checklist

Exam Board: Edexcel

My target grade is:

Topic/Module:

My predicted grade is:

Year Group: 11

Use this checklist before your assessment to focus your revision, and after to check the effectiveness of your revision

G	I am confident about this topic and I know what I need to do to revise it
A	I am not too sure about this topic, I may need to check with my teacher and spend more time revising this topic
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to revise it.

Revision Resources	Topic / Unit Focus	R	A	G
Section 1.1: Healthy, Active Lifestyles				
	Topic 1.1.1: Healthy, active lifestyles and how they can benefit you			
Revision Guide pages 1-6	<ul style="list-style-type: none"> Explain what makes a healthy, active lifestyle Classify the benefits of being healthy Describe how physical activity can benefit people Explain how physical activity stimulates cooperation, competition etc.			
	Topic 1.1.2: Influences on your healthy, active lifestyle			
Revision Guide pages 7-16	<ul style="list-style-type: none"> Identify key influences Explain opportunities to participate Explain the sport participation pyramid Describe common purposes of initiatives Identify agencies involved in sport			
	Topic 1.1.3: Exercise and fitness as part of your healthy, active lifestyle			
Revision Guide pages 17-26	<ul style="list-style-type: none"> Explain terms; health, fitness and exercise Know about the components of health and skill related fitness Relate components to physical activity			
	Topic 1.1.4: Physical activity as part of your healthy, active lifestyle			
Revision Guide	<ul style="list-style-type: none"> Assess PAR-Q Know and be able to assess fitness tests Describe, explain and apply principles of training 			

pages 27-50	<ul style="list-style-type: none"> • Explain the FITT principle • Explain the value of goal setting • Describe SMART targets • Describe methods of training • Understand the importance of a warm up and cool down • Be able to link methods of training to sport and aerobic/anaerobic exercise • Understand what is meant by resting heart rate, working heart rate and recovery rates <p>Use graphs to demonstrate target zones and thresholds</p>			
	Topic 1.1.5: Your personal health and well being			
Revision Guide pages 51-55	<ul style="list-style-type: none"> • Link diet, work and rest and their influence on health and well being • Explain the requirements of a balanced diet • Explain the importance of micro and macro nutrients <p>Explain the need to consider timing for dietary intake</p>			
Section 1.2: Your healthy, active body				
	Topic 1.2.1: Physical activity and your healthy mind and body			
Revision Guide pages 56-69	<ul style="list-style-type: none"> • Describe body types • Explain terms; anorexic, overweight, over fat etc. • Explain the effects of smoking and alcohol • Know about categories of drugs <p>Identify risks associated with physical activity</p>			
	Topic 1.2.2: A healthy, active lifestyle and your cardiovascular system			
Revision Guide pages 70-73	<ul style="list-style-type: none"> • Immediate and short term effects on the CV system • Effects of regular participation on CV system • Importance of rest/diet on CV system <p>Effect of recreational drugs on CV system</p>			
	Topic 1.2.3: A healthy, active lifestyle and your respiratory system			
Revision Guide pages 74-75	<ul style="list-style-type: none"> • Immediate and short term effects on the respiratory system • Effects of regular participation on respiratory system <p>Effect of recreational drugs on respiratory system</p>			
	Topic 1.2.4: A healthy, active lifestyle and your muscular system			
Revision Guide pages 76-81	<ul style="list-style-type: none"> • The role of the muscular system • Immediate and short term effects on the muscular system • Effects of regular participation on muscular system • Effects of rest and diet on muscular system 			

	The potential for muscular injuries			
	Topic 1.2.5: A healthy, active lifestyle and your skeletal system			
Revision Guide pages 82-89	<ul style="list-style-type: none"> • The role of the skeletal system • Immediate and short term effects on the skeletal system • Effects of regular participation on skeletal system • Effects of diet on muscular system The potential for skeletal injuries			

Additional Support/ Guidance:

Revision Guide:

Pearson Revise Edexcel GCSE Physical Education: Unit 1 Theory of PE (5PE01 and 5PE03) - Revision Guide

Students are encouraged to attend extra-curricular clubs to ensure they can achieve the highest possible Practical Grade, which contributes to 60% of their overall grade.