

## GCSE PE Edexcel (2026) Revision List

### Paper 1: Fitness and Body Systems (36%)

#### 1. Applied Anatomy & Physiology

- Skeletal system (functions, bones, joints, movements)
  - Muscular system (major muscles, antagonistic pairs)
  - Cardiovascular system (heart, blood vessels, blood flow)
  - Respiratory system (lungs, breathing, gas exchange)
  - Effects of exercise (short-term & long-term)
  - Aerobic vs anaerobic exercise
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#### 2. Movement Analysis

- Planes & axes of movement
  - Types of movement (flexion, extension etc.)
  - Lever systems (1st, 2nd, 3rd class)
  - Mechanical advantage
  - Applying movement to sport skills
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#### 3. Physical Training

- Components of fitness (e.g. strength, speed, agility)
  - Fitness testing (methods + reasons)
  - Principles of training (SPORT/FITT)
  - Methods of training (HIIT, continuous, weight training etc.)
  - Injury prevention
  - Warm-ups & cool-downs
  - Long-term effects of exercise
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### Paper 2: Health and Performance (24%)

#### 4. Health, Fitness & Wellbeing

- Definitions of health, fitness, exercise
  - Benefits of exercise
  - Consequences of a sedentary lifestyle
  - Energy use (aerobic vs anaerobic)
  - Diet, nutrition & hydration
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## **5. Sports Psychology**

- Classification of skills (open/closed, simple/complex)
  - Goal setting (SMART targets)
  - Guidance (visual, verbal, manual)
  - Feedback (intrinsic/extrinsic)
  - Mental preparation (arousal, anxiety)
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## **6. Socio-cultural Influences**

- Participation factors (age, gender, disability, socio-economic)
- Commercialisation (sponsorship, media)
- Ethical issues (doping, violence, cheating)
- Engagement patterns in sport