

Year 10 Big Test 1

Subject:	GCSE Physical Education
Exam Board:	Edexcel
Papers:	Paper 1: Physical Training and Health, fitness and well-being (70%) Practical Exam: 3 activities- 1 team, 1 individual, 1 free choice. (30%)

Paper 2

Revision Topics	Revised
Topic 1: Health, fitness and well being Pages 36-44 of CGP Revision Guide.	
Physical health: how increasing physical ability, through fitness can improve health and reduce health risks.	
Emotional health: how participation in physical activity and sport can improve emotional/psychological health.	
Social health: how participation in physical activity and sport can improve social health	
Lifestyle choices: diet, activity level, work/ rest/sleep balance, and recreational drugs (alcohol, nicotine)	
Positive and negative impact of lifestyle choices on health, fitness and wellbeing: e.g., the negative effects of smoking (bronchitis, lung cancer)	
A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk of depression, coronary heart disease, high blood pressure, diabetes, osteoporosis, loss of muscle tone, posture.	
The nutritional requirements and ratio of nutrients for a balanced diet: to maintain a healthy lifestyle: carbohydrates 60%, proteins 20%, fats 30%	
The role and importance of macronutrients (carbohydrates, proteins and fats): for performers in physical activities and sports: carbohydrate loading for endurance athletes, and timing of protein intake for power athletes	
The role and importance of micronutrients (vitamins and minerals), water and fibre: for performers/players in physical activities and sports	
The factors affecting optimum weight: sex, height, bone structure and muscle girth. The variation in optimum weight according to roles in specific physical.	
The correct energy balance: to maintain a healthy weight	
Hydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport	