

GCSE PE – Parents guide

How can you help?

Parents and Revision: Many of you have asked how best you can help your children at this difficult time, so I have put together some practical suggestions into a Parent's Guide:

- Provide children with space to work in which pens, pencils, calculators and a dictionary are to hand.
- Help and encourage your child but do not do the work for them - often a second person can see things the first person has missed or explain it in such a way that it makes sense.
- Do find the time to look through the work with your child - it shows them you are interested and want to support them, it also will help them to understand the work better if they have explained it to someone else (and help reduce your anxiety levels by showing you they are working and do understand what they are doing!).
- Breakfast gives children the energy to learn - make them make time to have breakfast (whether at home or in school at the Breakfast Club).
- Ask AT LEAST 5 questions each day (try and get into a routine); Before you allow them to go out in the car, before, during or after mealtimes and before they leave for their exam
- Check that your child has used all the revision resources available to them. They have been given and should be using; PE revision guide and work book, PE revision help sheet, here is also lists useful internet sites

www.bbc.co.uk/schools/gcsebitesize

www.worldofsportexamined.com

www.sportsrules.50g.com

www.s-cool.co.uk

- Past papers – These are really helpful to go through; your son/daughter should have a lot of past questions in their exercise book. The web link below will take you to a list of past papers and the mark scheme.

www.aqa.org.uk/qual/gcse/pe_games_assess.html

- Encourage your child to put post-it notes, memory aides and mind-maps around their room.
- Allow your child to meet up with someone who they can revise with but check regularly that their time together is used constructively.
- Ask your child to teach you...the best way of learning and remembering is by having to explain it to someone else.

Topics they need to revise

Topic

Tick

| | |
|--|--|
| Health Fitness Benefits of taking part in exercise Bones Muscles Circulation Respiration Training methods Drugs, smoking and alcohol Body types Age Psychological factors Skill Acquisition Technological developments Safety Warming up / down RICE / injuries Impact on School and PE Women in sport Impact of peers, family, gender, race and social economic Leisure time Available facilities Sponsorship Media Hooliganism Etiquette Amateur and professional Political problems at world games/ Olympics Sport England, NGBs, British Sports Trust, NCF Role Models, sports that have grown and declined | |
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When is the exam?

The PE exam will be on the following date:

Some revision tests you could do with your son / daughter

On the next few pages there are some short revision tests you could try at home, some will have the answers next to the question.

On the last few pages there is a list of definitions your son/daughter needs to know, these are also in the student guide. You could also test them on these.

All begin with A (Answers in bold)

1. Movement away from the line of the body. **Abduction**
2. When you speed up. **Acceleration**
3. Uses sport to promote a product. **Advertising**
4. Energy system which uses oxygen. **Aerobic**
5. The quality of movement. **Aesthetic**
6. A form of behavior intended to injure or harm someone. **Aggression**
7. To move or change direction. **Agility**
8. Movement towards midline of the body. **Adduction**
9. The muscle that is responsible for movement. **Agonist**
10. Small lung sac found in the lungs. **Alveolus**
11. Sports people who play for love not money **Amateur**
12. Artificially produced male hormone. (_____Steroid)
13. Energy system without the presence of oxygen. **Anaerobic**
14. Negative feeling that can affect performance. **Anxiety**
15. Major blood vessel. **Aorta**

Revision Quiz

The first letter of the answer is given to you at the start of the question.

1. A – A person who plays sport without being paid for it.
2. A.S – Drugs that encourage muscle growth and allow an athlete to become stronger
3. A – Respiration in the presence of oxygen
4. A – Respiration in the absence of oxygen.....
5. B – A refusal to attend an event, such as the Olympics, often for political reasons.....
6. C – A role a pupil can do in a P.E lesson other than performer.....
7. D – Loss of water, athletes may suffer from this in hot conditions
8. D – The illegal use of a banned substance that can improve an athletes performance.....
9. E - The ability to use your muscles for a long time.....
10. F- Tiredness caused by the effort of doing an activity.....
11. G – Muscle in your bottom.....
12. H – Muscle at the back of the top of your leg.....
13. I – The national governing body of the Olympics.....
14. J – Where two bones meet.....
15. L – This links bone to bone
16. L – A waste product of anaerobic respiration.....
17. M – This is what a sports team may sell to make money.....
18. N – These are organisations in charge of different sports.....
19. O – The ‘O’ in the ‘S.P.O.R.T’ principles of training.....
20. P - The ‘P’ in the ‘S.P.O.R.T’ principles of training.....
21. Q – The muscle at the top of the front of your leg.....

- 22. R – The 'R' in the 'S.P.O.R.T' principles of training.....
- 23. S – Money from a company used to promote sports or a sports person.....
- 24. S – Tearing your ligaments is a
- 25. S – This is when you overstretch or pull a muscle.....
- 26. S – The 'S' in the 'S.P.O.R.T' principles of training.....
- 27. T – These link muscles to the bone.....
- 28. T – The 'T' in the 'S.P.O.R.T' principles of training.....
- 29. T – One of the functions of the circulatory system.....
- 30. T – A product that is not allowed to sponsor sports competitions.....
- 31. U – The USA boycotted the Moscow Olympics in 1980 held in this country
- 32. U – An organisation that deals with the development of sport and sporting performance.....
- 33. V – The bleep test measures this
- 34. V – A type of blood vessel that carries blood away from the heart.....
- 35. V – Part of a balanced diet
- 36. V – A type of muscle that works under conscious control.....
- 37. W – part of a balance diet.....
- 38. W – A training method used mainly to develop strength

Definitions

- **Health is:**
“a state of complete mental, physical and social well being, and not merely an absence of disease or infirmity”
- **Fitness is:**
“The ability to meet the demands of the environment”.
- **Performance is:**
“how well a task is completed”
- **Exercise is:**
“a form of physical activity done primarily to improve ones health and physical fitness”.
- **Cardiovascular fitness is:**
“the ability to exercise the entire body for long periods of time”
- **Muscular strength is:**
“The amount of force a muscle can exert against a resistance”
- **Muscular endurance is:**
“The ability to use voluntary muscles many times without getting tired”
- **Flexibility is:**
“The range of movement possible at a joint”
- **Body composition is:**
“The percentage of body weight which is fat, muscle and bone”
- **Agility is:**
“the ability to change the position of the body quickly and to control the movement of the whole body”
- **Balance is:**
“the ability to retain the centre of mass (gravity) of the body above the base of support with reference to static – stationary – or dynamic changing conditions of movement, shape and orientation”
- **Co-ordination is:**
“the ability to use two or more body parts together”

- **Power is:**
*“the ability to do strength performances quickly.
 Power = Strength x Speed*
- **Reaction Time is:**
“The time between the presentation of a stimulus and the onset of a movement”
- **Speed is:**
“the differential rate an individual is able to perform a movement or cover a distance in a short period of time”
- **Specificity is:**
“doing specific types of activity or exercise to build specific body parts”
- **Progression is:**
“starting slowly and gradually increasing the amount of exercise done”
- **Overload :**
“Fitness can only be improved through training more than you normally do”
- **Reversibility:**
“any adaptation that takes place as a consequence of training will be reversed when you stop training”
- **Oxygen debt**
“the amount of oxygen consumed during recovery above that which would have ordinarily been consumed in the same time at rest (this results in a shortfall in the oxygen available)”
- **A joint is:**
“a place where two bones meet”
- **A Ligament :**
“Joins bone to bone”

- **A Tendon :**
“Joins the muscle to bone”
- **Aerobic respiration is:**
“ the presence of oxygen” –
glucose + oxygen= energy+ carbon dioxide + water
- **Anaerobic respiration is:**
“in the absence of oxygen”
Glucose→energy+ lactic acid

Thank you for all your support and encouragement it makes a huge difference.

