

GCSE PE – WJEC EDUQAS

Topics to Revise

Examination Board: WJEC EDUQAS

1. Health Training and Exercise

- Health, Fitness, and Wellbeing
- Diet and Nutrition
- Components of Fitness
- Methods of Training
- Principles of Training
- Warm-ups and Cool downs

2. Exercise Physiology

- Muscular-skeletal system
- Cardio-respiratory system
- Aerobic and anaerobic exercise
- Short and Long term effects of exercise

3. Movement analysis

- Muscle contractions
- Levers, planes and axes of movement
- Sports technology

4. Psychology of sport

- Goal setting and mental preparation/motivation
- Information processing model
- Classification of skills
- Guidance and Practice

5. Social and Cultural issues in Sport

- Factors affecting participation.
- Commercialisation of Sport
- Ethical issues in sport



Examination Papers & Exam Date

1 exam paper – 2 hour written exam totalling 120 marks (60% of the course)- Monday 19th May 2025 (PM)

School Revision Resources

Class Revision notes
Revision Booklets
Past paper question/mark scheme booklets
After school revision classes
Intensive revision session before the exam

Online Resources

https://www.eduqas.co.uk/qualifications/physical-education-gcse/#tab_pastpapers

https://www.eduqas.co.uk/qualifications/physical-education-gcse/?sub_nav_level=digital-resources#tab_resources

<https://www.bbc.co.uk/bitesize/examspecs/z2v3ycw>