Date: 24th May Time: PM Marks: 90 Length: 105 min Marks per min: 0.86

Watch our live revision sessions on REVISION youtube.com/TheEverLearner

AFI listed content

- Classification of joints
- Ligaments and tendons
- Muscle types
- Muscle location
- Antagonistic pairs
- Functions of the CV system
- Aerobic and anaerobic exercise
- Short-term effects of exercise
- ✓ Long-term effects of exercise

A03

22 _{marks}

30 _{marks}

Average marks for all Paper 1s since 2018

A0 coverage

- Ø Definitions of fitness. health, exercise and performance and how they relate to each other
- ✓ Value of fitness testing
- ⊘ Fitness testing for specific components of fitness
- Fitness testing data
- Factors affecting the choice of training method

17 -16 -15 -14 -

13 -12 -

Marks

- Training methods
- PEDs



VouTube Wed 4th May 4-5:30pm





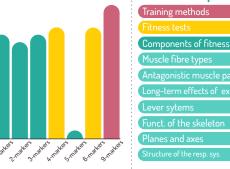
Average marks for all Paper 1s since 2018

Mark allocation

Average marks for all Paper 1s since 2018

Want to know more about the exam? Have a look at 20 our blog post about this exam on blog.theeverlearner.com/en/the-changing-rooms/ advance-exam-information-edexcel-gcse-pe

Most examined topics



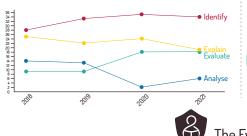
- Long-term effects of exe Lever sytems
- Planes and axes

Average marks for all Paper 1s since 2018

Marks awarded per skill

A01

38 marks



Revision tips

Use the tutorials, quizzing and testing on 🚷 The EverLearner Attend (A) The EverLearner's Live Revision on **>** YouTube Do plenty of exam practice on ExamSimulator Take great notes and learn them!

The EverLearner

Date: 24th May Time: PM Marks: 90 Length: 105 min Marks per min: 0.86

Content preparation								
	I am fully aware of the Advance Exam Information listings. I have OVER-LEARNED all of the Advance Exam Information content. I have learned all other specification content in preparation for lower-tariff questions.	Claufication dynch:	See content list overleaf					
Skills preparation								
	I am fully aware of the most common command words in the Edexcel GCSE PE Paper 1 exam.							
	l have OVER-PRACTISED 'Identify'/'State'/'Give'/'Complete', 'Explain' and 'Evaluate' through past-paper questions AND ExamSimulator.							
ʻlden			'Evaluate' ill language					
I am fully aware that 9-mark questions accumulate the most marks in the Edexcel GCSE PE Paper 1 exam.								
	I have OVER-PRACTISED 9-mark questions for the Edexcel GCSE PE Paper 1 exam from both the exam board and ExamSimulator.							
	I know the required format of the extended-writing piece(s) for the Edexcel GCSE PE Paper 1 exam.							
	I have practised all past paper AND ExamSimulator examples of extended-writing pieces.							
*These examples are generic and used to represent a range of content across all PE exams.								
	I have read and actioned the information below about	well made and poorly made practical exa	imples across PE					
examinations of all kinds. sponsorship such as the brand Gillette sponsoring elite men's football to increase product awareness and, potentially, boost sales.								
	skills such as taking a (slip) catch in	open skills such as in cricket.						
cricket due to the need to adapt the catching skill to suit the specific flight and pace of the ball as it leaves the edge of the bat. $\bigotimes \bigotimes$		flexion at the elbow when the elbow bends in the upwards phase of a biceps curl. $\bigotimes \bigotimes$						
flexíd	on is bending the elbow when weightlifting.	agility is critical in basketball when dribbling the ball as a player can maintain control whilst changing direction and, therefore, dribble in and out of spaces around defenders without losing possession of the ball.						
agílí ball.	\bigotimes & ty like in basketball when you dribble the \bigotimes &							



Date: 10th June Time: PM Marks: 70 Length: 75min Marks per min: 0.93

> Watch our live revision sessions on youtube.com/TheEverLearner

AEI listed content

Physical health and well-being

REVISION

- Emotional health and well-being
- Consequences of a sedentary lifestyle
- Balanced diet for different people
- Macronutrients
- **Micronutrients**

- Classification of skill
- SMART targets
- Feedback
- Participation rates in physical activity and sport
- ⊘ Advantages and disadvantages of commercialisation and the media
 - Sporting behaviour

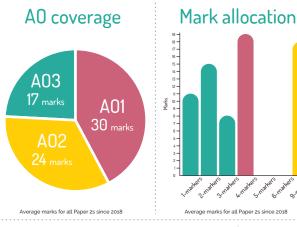
Skills

> YouTube Thu 12th May 4-5:30pm





Want to know more about the exam? Have a look at our blog post about this exam on blog.theeverlearner.com/en/the-changing-rooms/ advance-exam-information-edexcel-gcse-pe



Most examined topics

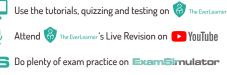
Commercialisation	35
Types of feedback	29
Types of guidance	24
Ethics – sportsmanship, games	^{imanship} 22
Classification of skill	20
Engagement patterns	19
Use of data	14
Types of practice	14
SMART targets	13
Physical health	12

Average marks for all Paper 2s since 2018

Marks awarded per skill



Revision tips



Take great notes and learn them!

Date: 10th June Time: PM Marks: 70 Length: 75 min Marks per min: 0.93

Date		NS. 70	Lengui. /	JIIII Ma	irva hei II	III. 0.33			
	Cont	ent p	reparatio	on					
	I am fully aware of the Advance Exam Inform listings. I have OVER-LEARNED all of the Advance Exa Information content. I have learned all other specification content preparation for lower-tariff questions.	am	 Physical health and well-being Encloreal health and well-being Consequences of a societary lifestyle Balanced det for different people Macronuctivents 	C Classification of skill S SMART largets S Factopation and the set of the s	See content overleaf) úst			
	Skil	ls pre	eparatior	ו					
	I am fully aware of the most common command words in the Edexcel GCSE PE Paper 2 exam.								
	I have OVER-PRACTISED 'Explain', 'Identify'/'State'/'Give'/'Complete' and 'Evaluate' through past-paper questions AND ExamSimulator.								
	'Explain' 'Identif skill language		/'Give'/'Complete nguage	e'	'Evaluate' skill language				
	I am fully aware that 4-mark questions accur I have OVER-PRACTISED 4-mark questions for board and ExamSimulator. I know the required format of the extended- I have practiced all page paper AND ExamSim	or the Ede writing pie	excel GCSE PE Pap	oer 2 exam from bo cel GCSE PE Paper	th the exam				
	I have practised all past paper AND ExamSim		inples of extende	u-which g pieces.					
	Practica	al exa	amples (/	402) *These represe exams.	examples are gene nt a range of conte				
spon	l have read and actioned the information belo examinations of all kinds. sorshíp such as Gíllette razors for foot		sponsorship elite men's fo	orly made practical a such as the bro otball to increas illy, boost sales.	ind Gillette s se product aw	ponsoring			
crícket to suít	skills such as taking a (slip) catch in due to the need to adapt the catching the specific flight and pace of the ball the edge of the bat.	skill	open skills flexion at tl	such as in crich he elbow when th se of a biceps cu	zet. ne elbow bend:	$\odot \otimes$			
agílí	on is bending the elbow when weightli ty like in basketball when you dribbl	$\odot \otimes$	the ball as a p changing dir	rítical in baske blayer can mair rection and, the around defende	utaín control refore, dríbble	ibbling whilst in and			
ball.		$\odot \otimes$	possession of		rs whindut los	sing K			

