

## GCSE PE

Coursework – deadline is Thursday 1<sup>st</sup> April

Topics covered in the In Class Assessment:

### **Paper 1:**

Skeletal System

Aerobic and anaerobic respiration

Muscular system

Air passages

Components of fitness

Methods of training

Injury prevention and recovery from exercise

### **Paper 2:**

Guidance

SMART targets

Skill/ability

Classification of skill

Aggression

Personality

Diet and nutrition

Drugs (PEDs)

Participation levels (factors that effect them)