



AQA GCSE PE Year 10 Mock Revision List

Year 10 – June 2025

The Year 10 PE mock exam will assess across the range of topics you have studied.

Unit title	Content covered
Anatomy and Physiology	<ul style="list-style-type: none">• The structure and functions of the musculoskeletal system• The structure and functions of the cardio-respiratory system• The short and long term effects of exercise
Physical training	<ul style="list-style-type: none">• The relationship between health and fitness• The components of fitness, benefits for sport and how fitness is measured and improved• The principles of training• How to optimise training and prevent injury• Effective use of warm up and cool down
Sports psychology	<ul style="list-style-type: none">• Classification of skills• Goal setting and SMART targets• Basic information processing• Guidance and feedback on performance• Mental preparation for performance
Health, fitness and wellbeing	<ul style="list-style-type: none">• Physical, emotional and social health, fitness and wellbeing• The consequences of a sedentary lifestyle• Energy use, diet, nutrition and hydration

Essential equipment

Black pens, pencils, rubber, 30cm ruler, and scientific calculator.

Revision materials

CGP Grade 9-1 GCSE PE: AQA revision guides and workbooks. Revision resources on Teams, SharePoint and Everlearner.

Suggested revision activities

Make mind maps, revision mats or flash cards for each topic. Answer practice exam questions and use mark schemes to check and correct your answers.