



AQA GCSE PE Paper 1 Mock Revision List

Year 11 – November 2026

Physical Education Paper 1 – Anatomy & Physiology and Physical Training	
• Written exam: 1 hour 15 minutes • 78 marks • 30% of GCSE	
Anatomy & physiology - Musculoskeletal system - Cardio-respiratory system - Anaerobic and aerobic exercise	- Structure of the skeletal system - Functions of the skeletal system - Synovial joints - Muscle movements and contraction
	- Pathway of air - Gaseous exchange - Blood vessels - Structure of heart and cardiac cycle - Cardiac output Stroke Volume, heart rate - Mechanics of breathing - Spirometer trace
	- Types of respiration - Energy systems in sport - The short and long term effects of exercise
Physical Training	- Relationship between health & fitness - The components of fitness and measuring components of fitness - Fitness testing and limitations of fitness testing - The principles of training - Types of training - Optimise training, intensities, seasons & prevent injury - Effective use of warm up and cool down
Movement Analysis	- Planes and Axis - Levers - Movement Types
Use of data and presenting data	- Quantitative - Qualitative

Specification & Link to Past Papers

[AQA GCSE Physical Education \(8582\)](#)



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Essential equipment

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

Revision materials

CGP Grade 9-1 GCSE Physical Education: AQA revision guides and workbooks.

Revision resources on Teams, SharePoint, GCSEpod.

The Everlearner resources and YouTube videos.

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. There are practice questions and mark schemes on SharePoint.

Complete every checkpoint on The Everlearner.