



Revision Series 2024

CIE IGCSE Physical Education

◆ Notes pages ◆



The EverLearner

How to use this revision session and notes

- Complete this document when doing the live or on-demand revision shows.
- The imagery contained in the notes is designed for you to be able to study the A01 knowledge prior to the live session.
- During the live session, James will guide you through how to use that knowledge in your exam.
- Focus on the skills that James is presenting as much as the content. In most cases, students have a knowledge of the topic but struggle to respond to the command in the question. This is a focus of our revision and James will address both A01 and A02.
- Complete the notes pages as extensively as possible and, if necessary, return to the show to complete it more than once in order to make the fullest notes possible.
- Have the National Mock Exam to hand and, ideally, your completed, marked version of it.
- Have the [exam infographics](#) to hand. These will be referred to throughout the show.

My ticklist:

- Notes pages
- Exam infographics
- Exam paper
- Exam mark scheme
- Exam model answers

During the live show, we will cover...

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We will also cover a wide array of exam skills including command terms for A01 and A02.

You may also find it useful to study our previous years' revision shows when different samples of content and skills have been developed.

Topic 1: Antagonistic muscle action

Complete the following sentences:

The _____ is the muscle that produces movement. It is also referred to as the _____.

The antagonist is the muscle that _____ when the _____ is contracting.

Muscles work in pairs to create movement. For example, the biceps _____ whilst the _____ relax during flexion at the elbow. During extension at the knee, the _____ contract and the _____ relax.

Antagonistic muscle pairs

Fill out the table to identify the agonist/antagonist for each movement. Give a sporting example for each.

Movement	Agonist	Antagonist	Sporting example
Flexion at the knee	_____	_____	_____ _____ _____
Extension at the knee	_____	_____	_____ _____ _____
Flexion at the elbow	_____	_____	_____ _____ _____

Movement	Agonist	Antagonist	Sporting example
Extension at the elbow	_____	_____	_____ _____ _____
Abduction at the hip joint	_____	_____	_____ _____ _____
Adduction at the hip joint	_____	_____	_____ _____ _____

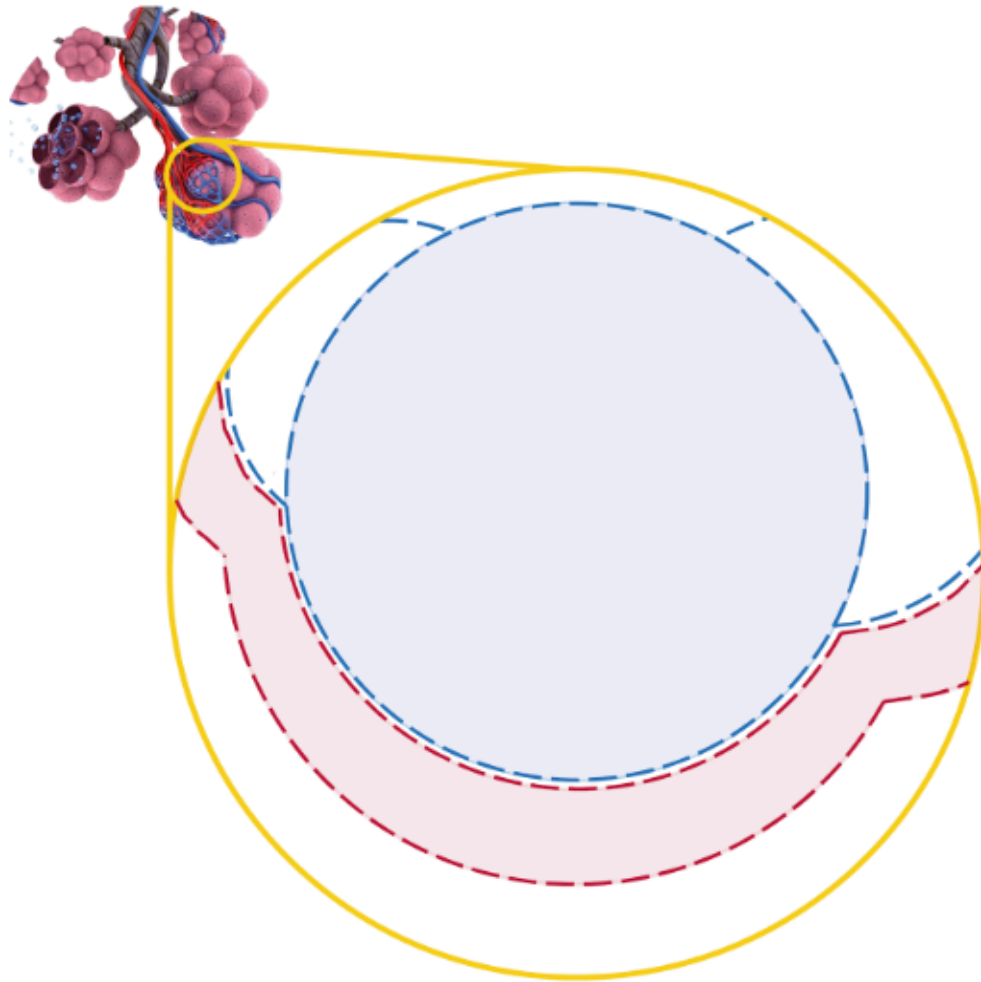
Contractions

Type of contraction	Description	Example
Isometric	Muscle contracts but stays the same length, so no movement takes place.	Holding a plank
Concentric	_____ _____	_____ _____
Eccentric	_____ _____	_____ _____



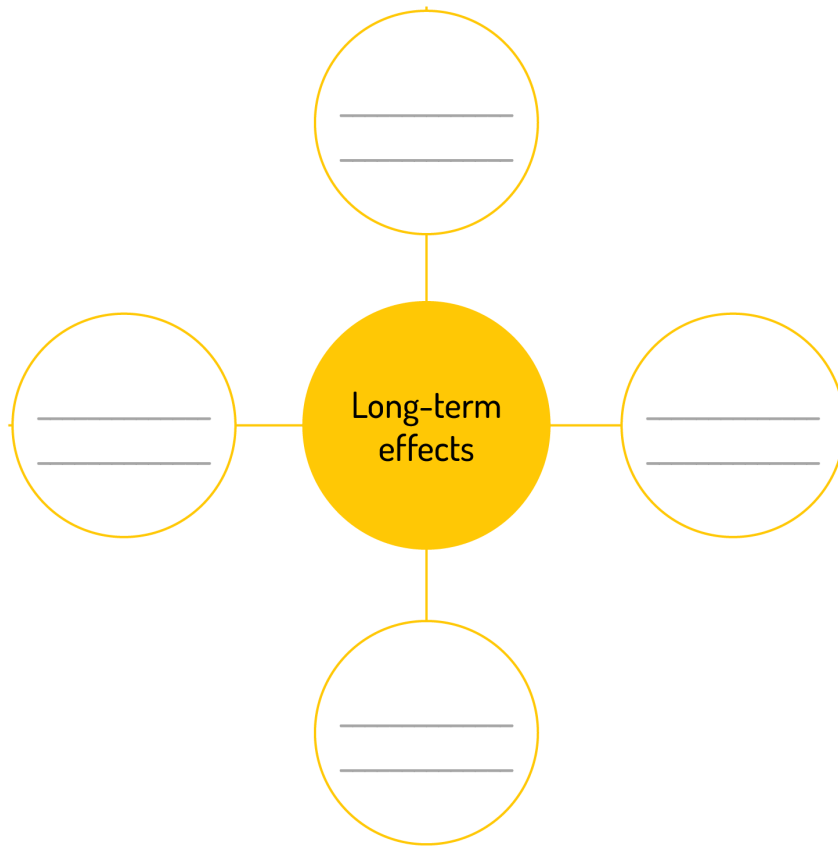
Want to know more? Watch the FREE tutorial "Antagonistic pairs" on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 2: Gaseous exchange at the alveoli



Want to know more? Watch the FREE tutorial "Gaseous exchange" on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 3: Long-term effects of exercise



Long-term effect	Explanation
Heart size (hypertrophy)	<hr/> <hr/> <hr/>
Resting heart rate (bradycardia)	<hr/> <hr/> <hr/>

Long-term effect	Explanation
Increased stroke volume	<hr/> <hr/> <hr/>
Increased ability to tolerate lactic acid	<hr/> <hr/> <hr/>




Want to know more?

Watch the FREE tutorial "Long-term effects of exercise" on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 4: Components of fitness

From definitions to examples



Josh

Basic Details
Age: 19
Sport: 100m Sprint
Level: Olympic Podium Potential



Tom

Basic Details
Age: 43
Sport: Tennis (singles and doubles)
Level: Novice



Kate

Basic Details
Age: 17
Sport: Triathlon
Level: Club



Laura

Basic Details
Age: 15
Sport: Gymnastics (Artistic)
Level: National



Julie

Basic Details
Age: 26
Sport: Netball (GD, GK)
Level: Semi-professional/National



Carlos

Basic Details
Age: 35
Sport: Wheelchair basketball
Level: Ex-national team

You must be prepared to provide specific examples of the importance of components of fitness to different activities. Complete this table with the EIO model of examples James describes in the session.

Component	Definition (A01)	Performer 1 (A02)	Performer 2 (A02)	Your level of confidence with this component
		Laura/Josh/Julie/ Tom/Kate	Laura/Josh/Julie/ Tom/Kate	
Agility	Changing direction quickly whilst maintaining control	(Julie) Ability to dodge an opponent in netball to get free and receive a pass.		😊 😐 😞
Balance (static and dynamic)	Maintenance of the centre of mass over the base of support			😊 😐 😞
Cardiovascular endurance/ Stamina	Ability of the heart and lungs to supply oxygen to the working muscles			😊 😐 😞
Coordination	The ability to use different parts of the body together smoothly and efficiently			😊 😐 😞
Flexibility	Range of movement possible at a joint		(Laura) Ability to perform a split leap with a wide RoM at the hip.	😊 😐 😞
Muscular endurance	Ability of a muscle to undergo repeated contractions without fatigue			😊 😐 😞
Power	Product of strength and speed (strength x speed)			😊 😐 😞

Component	Definition (A01)	Performer 1 (A02)	Performer 2 (A02)	Your level of confidence with this component
		Laura/Josh/Julie/ Tom/Kate	Laura/Josh/Julie/ Tom/Kate	
Reaction time	Time taken to initiate response to a stimulus			😊 😐 😞
Strength	Ability to overcome a resistance. Maximal, dynamic, static, explosive			😊 😐 😞
Speed	Maximum rate at which an individual is able to perform a movement or cover a distance in a period of time			😊 😐 😞

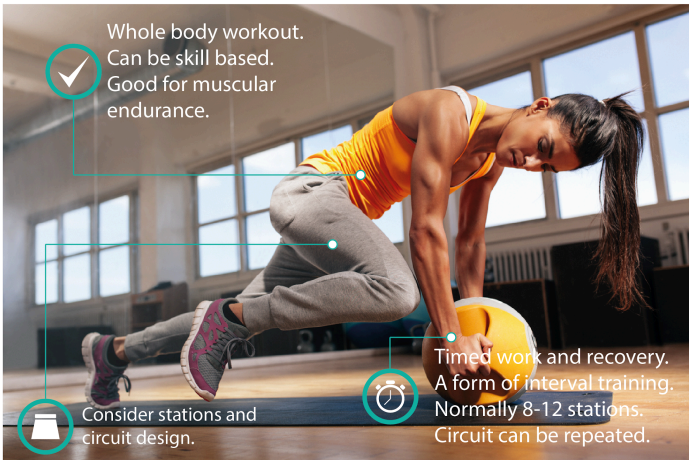


Want to know more?

Watch the tutorial "Components of fitness" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 5: Methods of training

Circuit training



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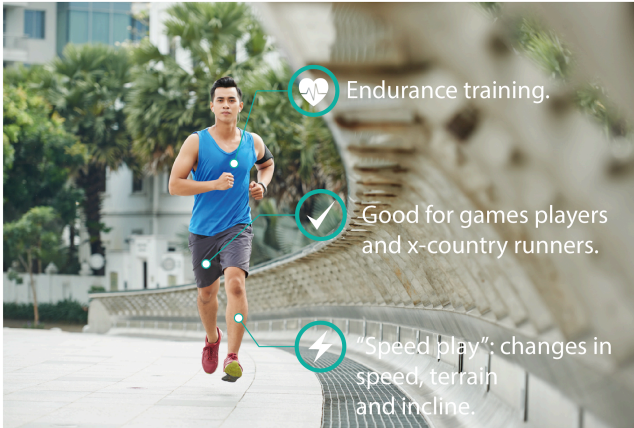
Continuous training



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Fartlek training



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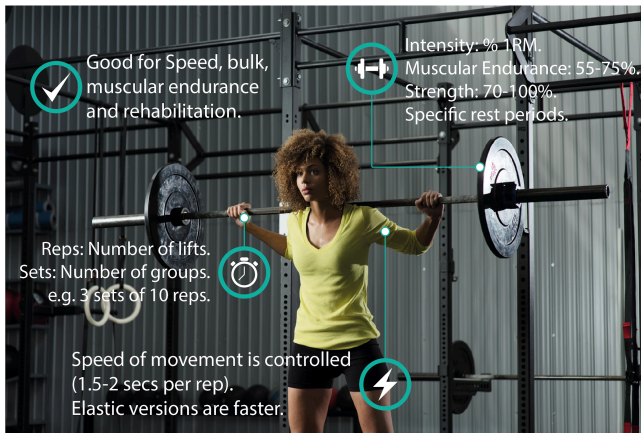
Plyometric training



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Resistance training



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HITT training



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Want to know more?

Watch the tutorials "Methods of training 1" and "Methods of training 2" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 6: Skill and ability

Skill

A **learned behaviour** stored in the **long-term memory**, that can be used in a **variety** of ways.

Ability

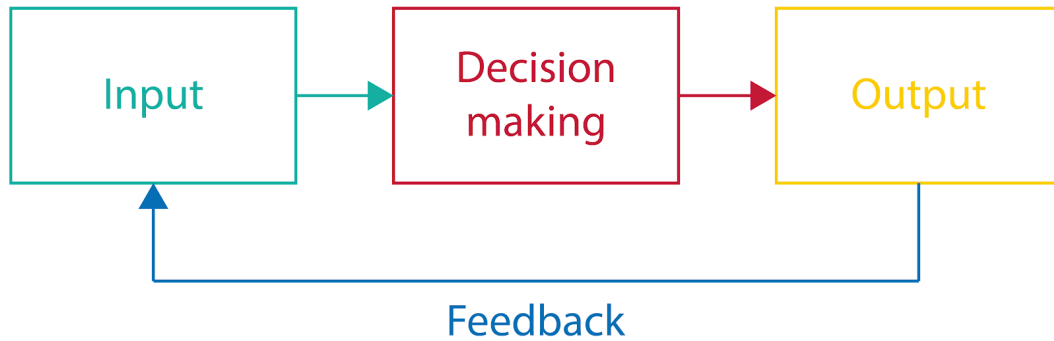
A **stable, inherited trait** that determines an individual's **potential** to learn or acquire a skill.



Want to know more?

Watch the tutorial "Skill and ability" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 7: Simple information processing



Describe the information processing model for catching a ball in rounders:

Input:

Decision making:

Output:

Feedback:

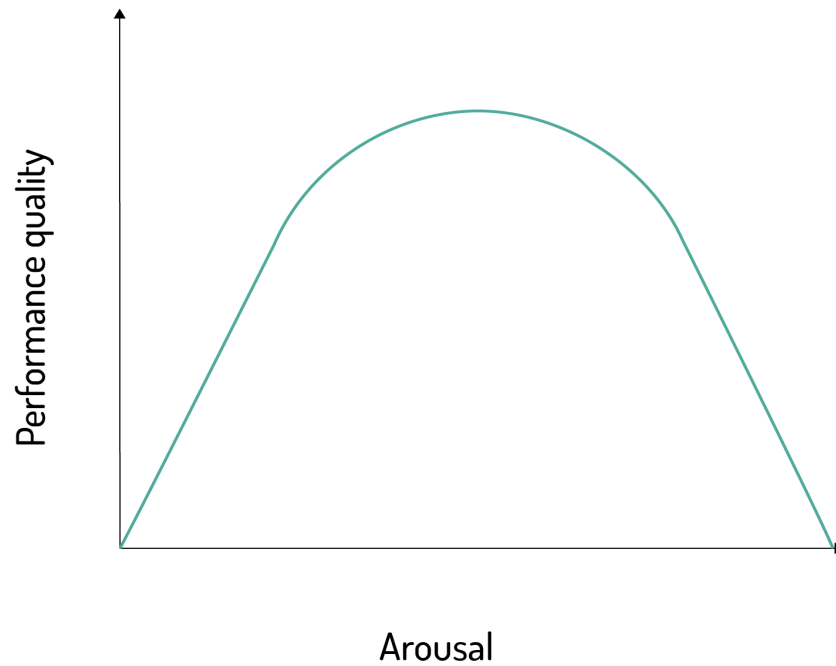


Want to know more?

Watch the tutorial "Simple information processing" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

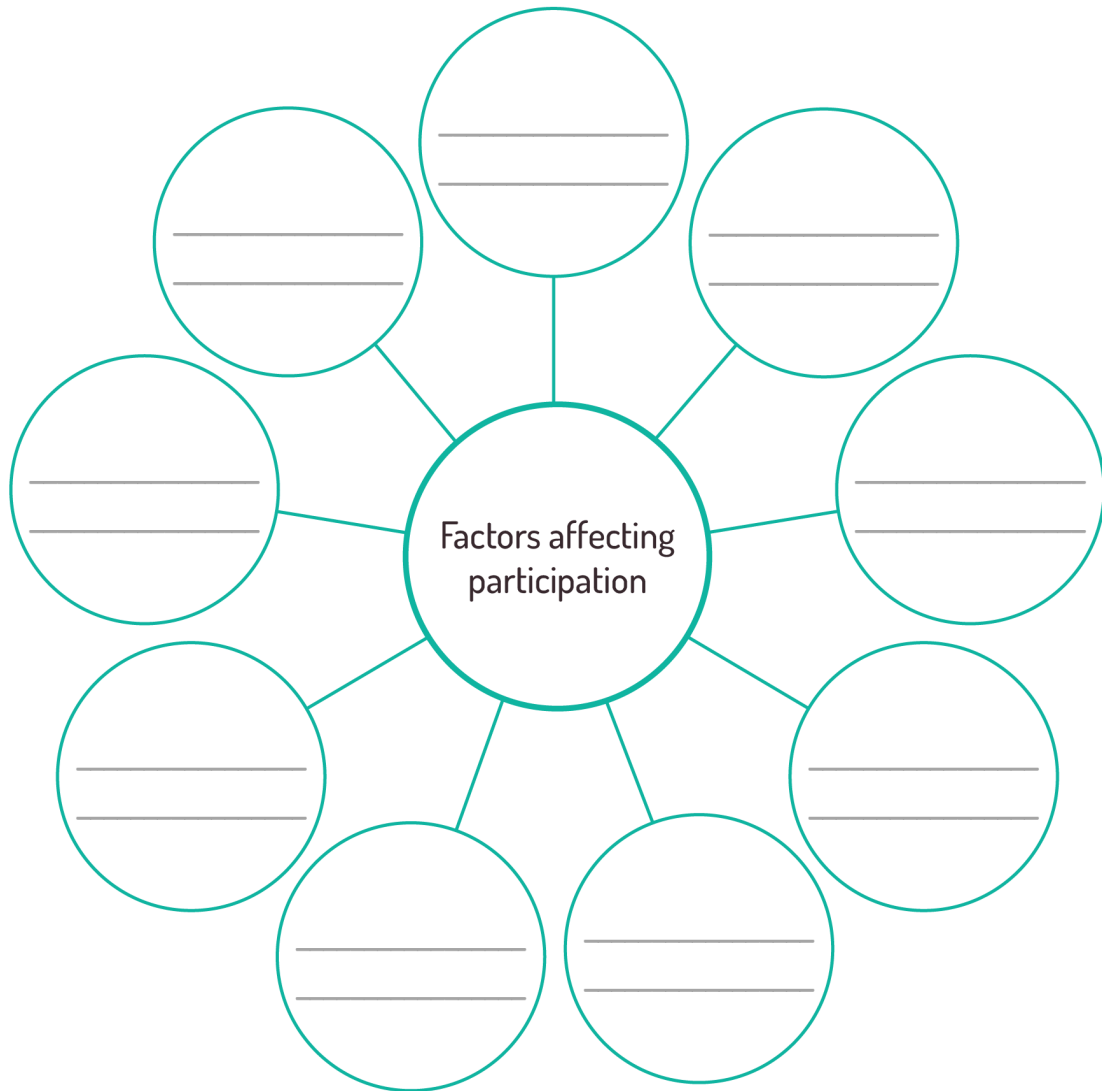
Topic 8: Arousal

Inverted U Theory



Want to know more? Watch the tutorial "Arousal" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 9: Factors affecting access and participation in physical activity



Want to know more?

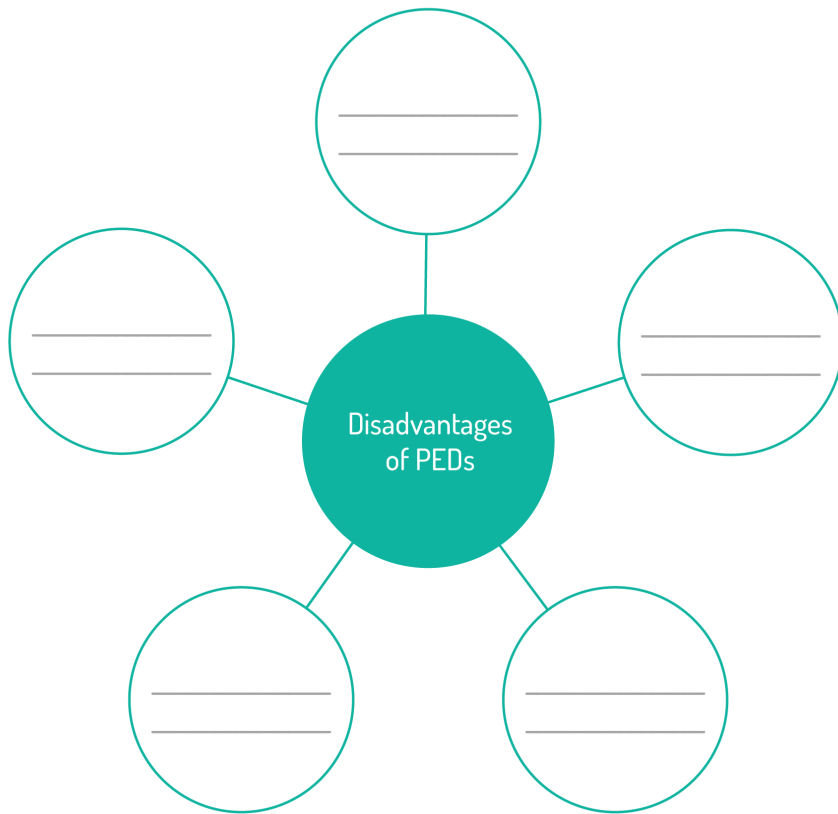
Watch the tutorial "Engagement patterns" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 10: Performance-enhancing drugs

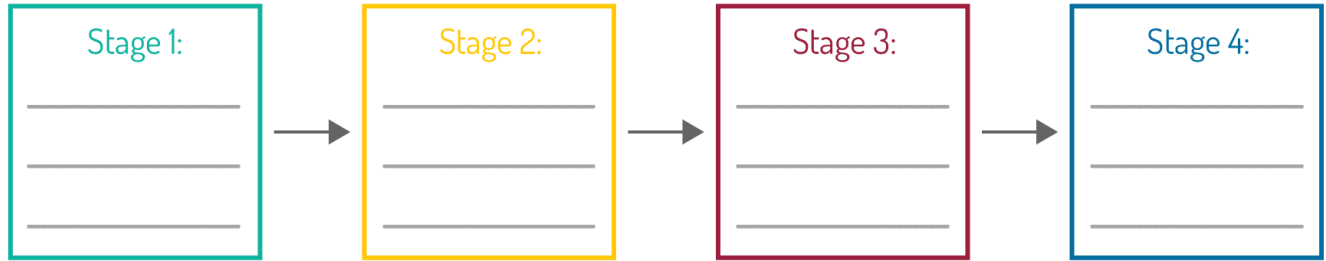
Reasons why performers take PEDs:

- 1: _____
- 2: _____
- 3: _____

Type of PED	Effect/ How it enhances performance	Most likely users
Anabolic steroids	_____ _____	_____ _____
Beta blockers	_____ _____	_____ _____
Stimulants	_____ _____	_____ _____
Diuretics	_____ _____	_____ _____



Blood Doping



Positive effects of blood doping	Negative effects of blood doping
Increase in red blood cells	Increased blood viscosity
_____	_____
_____	_____



Want to know more?

Watch the tutorials "PEDs" and "Disadvantages of PEDs" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).