



Revision 2025

AQA GCSE PE Paper 1

Student Notes

spotlight session

Recommended



**Before the revision
session**

Complete the 2025
National Mock Exam

Essential



**During the revision
session**

Complete the notes

Recommended



**After the revision
session**

Review with your
teacher

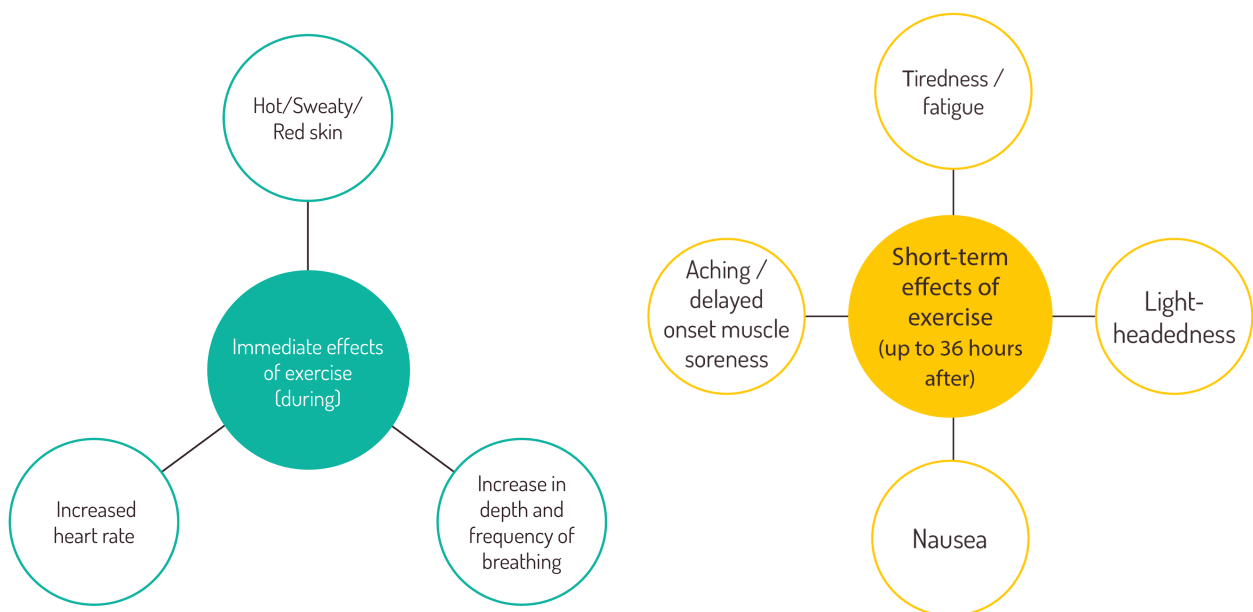


The EverLearner

Hot Topic 10: Immediate and short-term effects of exercise

20. **Identify** three immediate effects of exercise.

Marks: **[3]**



⏸ Pause the show if you need more time.

REMINDER: 'Identify' and 'Describe' are both A01 commands, requiring recall of knowledge only.

Now answer the question below... How is this different from the question above?

20. **Describe** three short-term effects of exercise.

Marks: **[3]**



DID YOU KNOW



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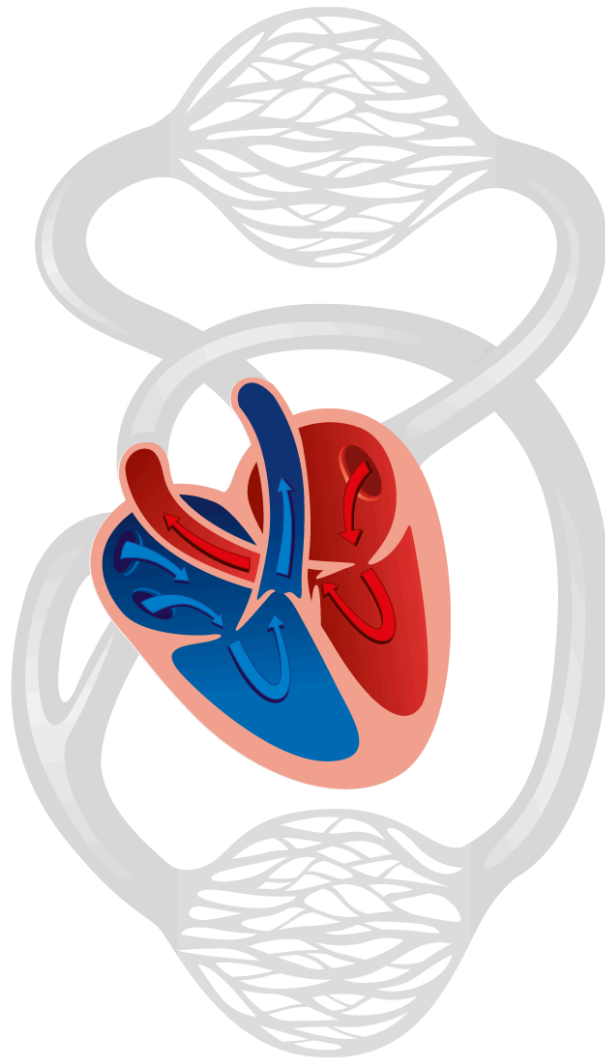
theeverlearner.com

Hot Topic 8: Cardiac cycle and pathway of blood

3. Which of the following blood vessels transports oxygenated blood to the body?

- A** Aorta
- B** Pulmonary artery
- C** Vena cava
- D** Pulmonary vein





Complete the table below with the correct key words.

Systole	Diastole
Ejecting, contracting	Filling, relaxing

When answering a question such as “Describe the pathway of blood”, you can use the model

From – Through – To

Complete the table below to help you structure your answer.




From...	...through	...to	Order
The body, including muscles	Vein	Right atrium	1
Lungs	Pulmonary vein	Left atrium	4
Right atrium	Valve	Right ventricle	2
Left atrium	Valve	Left ventricle	5
Right ventricle	Pulmonary artery	Lungs	3
Left ventricle	Aorta	The body, including muscles	6

Then complete the question below:

Starting and finishing at the right atrium, describe the pathway of blood around the circulatory system.

Marks: [4]

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Hot Topic 6: Levers

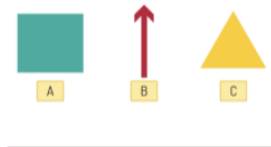
22. The image shows a long jumper at the point of take-off. Identify the class of lever at the ankle.



Marks: [1]

23. Look at the image.

Describe the position of A, B and C for the class of lever at the ankle during a long jump take-off.



Marks: [3]

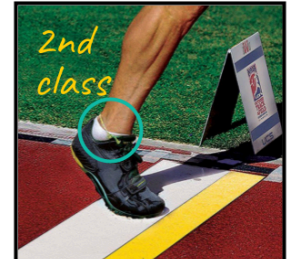
Draw a labelled diagram to illustrate the lever system at the ankle.



Marks: [2]



Let's focus on A02... Select **three** levers from the options and draw them accurately below. For each drawing use exactly one straight line, one triangle, one arrow and one square.



1st class:

2nd class:

3rd class:



Don't forget mechanical advantage:



If the _____ arm is longer than the _____ arm, this causes mechanical advantage.

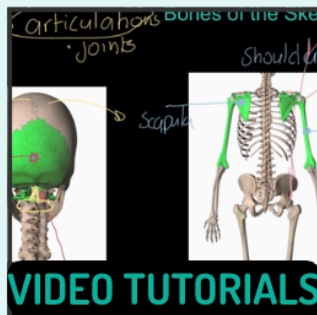
If the _____ arm is shorter than the _____ arm, this causes mechanical disadvantage.

$$\text{Mechanical advantage} = \frac{\text{Effort arm}}{\text{Load arm}}$$

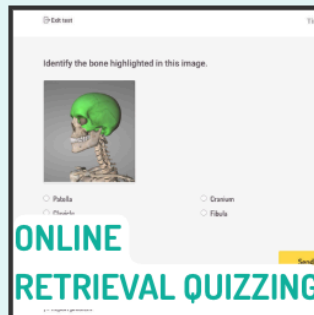
Remember... 123 FRE!



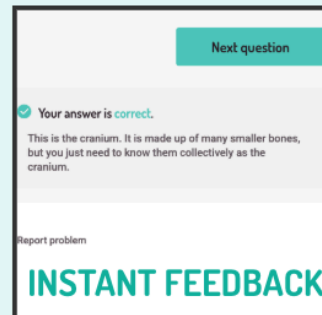
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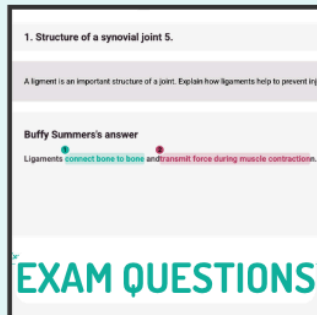
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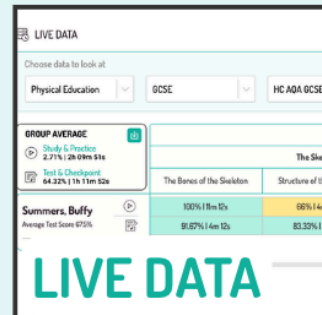
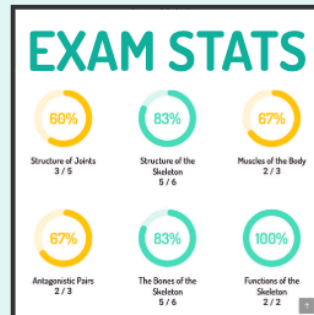
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