



# Revision 2025

## Edexcel 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: Structure of blood vessels

**11.** State one feature of arteries which allows them to transport blood at high pressure.

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Marks: **[1]**

Practise your answers so they become automatic:

Select one variable from each column				Optional ending
State...	...one...	...function(s) of the...	...capillary.	...which allow(s) them to transport blood.
Describe...	...two...	...structure(s) of the...	...artery.	...which aid(s) performance.
Explain...	...three...		...vein.	

For example:

Select one variable from each column				Optional ending
State...	...one...	...function(s) of the...	...capillary.	...which allows them to transport blood.
Describe...	...two...	...structure(s) of the...	...artery.	...which aids performance.
Explain...	...three...		...vein.	

**II** Pause the show if you need more time.

Now, answer this question below. Ensure you are using skill-related words such as “because”, “This means” or “Therefore”:

**12.** Explain why it is essential for veins to contain valves.

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Marks: **[2]**



Does your answer change for the example below?

12. Explain why most arteries DON'T contain valves.

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Marks: [2]

# DID YOU KNOW



**With a paid school subscription,  
students have access to:**

- video tutorials covering the whole spec
- all online quizzing on every topic
- board-specific exam-style questions
- all 10 Hot Topics
- the full 90 mins revision session
- a full set of revision notes

[theeverlearner.com](https://theeverlearner.com)



## Hot Topic 8: Levers

Answer these questions:

18. Identify the class of lever system.



Marks: [1]

19. Give a sporting example of this lever system.



Marks: [1]

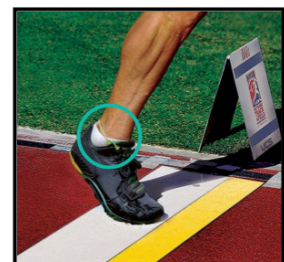
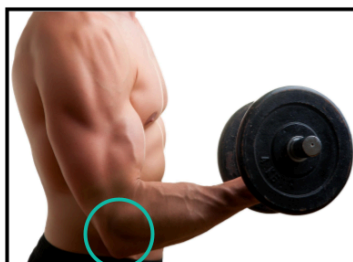
Now answer the question below. Notice: This is an 'Explain why...' command:

20. Explain why this lever system operates at mechanical advantage.



Marks: [2]

State the levers operating at each circled joint.



Select a lever from the four options above that operates at mechanical **advantage**:

Answer:

Explain why you chose this example:

Because...

Select a lever from the four options above that operates at mechanical **disadvantage**:

Answer:

Explain why you chose this example:

Because...

**A registered school has access to all this, and more!**

**VIDEO TUTORIALS**

**ONLINE RETRIEVAL QUIZZING**

**INSTANT FEEDBACK**

**EXAM QUESTIONS**

**EXAM STATS**

**LIVE DATA**

The collage features a central graphic of a person with a large question mark above their head. The resources shown include:

- VIDEO TUTORIALS:** A video showing the structure of the human skeleton with labels for 'Articulations - Joints', 'Shoulder', and 'Scapula'.
- ONLINE RETRIEVAL QUIZZING:** A quiz question: 'Identify the bone highlighted in this image.' with options: Patella, Pelvis, Cranium, and Fibula.
- INSTANT FEEDBACK:** A message: 'Your answer is correct. This is the cranium. It is made up of many smaller bones, but you just need to know them collectively as the cranium.'
- EXAM QUESTIONS:** A question: '1. Structure of a synovial joint 5. A ligament is an important structure of a joint. Explain how ligaments help to prevent injury.' with a sample answer: 'Ligaments connect bone to bone and transmit force during muscle contractions.'
- EXAM STATS:** A dashboard showing exam results for 'Structure of Joints' (60%), 'Structure of the Skeleton' (83%), 'Muscles of the Body' (67%), 'Antagonistic Pairs' (67%), 'The Bones of the Skeleton' (83%), and 'Functions of the Skeleton' (100%).
- LIVE DATA:** A table showing live data for 'Physical Education' and 'GCSE' subjects, including 'GROUP AVERAGE' and 'Summers, Buffy' scores.



## **Hot Topic 1: Training methods**

**29.** A netball team want to improve their speed and flexibility.

Complete the table below by:

- (i) Stating which method of training would be most appropriate for them.
- (ii) Stating an advantage of each training method.

Component of fitness	Training method	Advantage
Speed	A	B
Flexibility	C	D

**II**

Method of training	Component of fitness	Advantages	Disadvantages
Continuous training			
Interval training			
Fartlek training			
Circuit training			
Weight training			
Plyometric training			
Body pump			
Aerobics			
Pilates			
Yoga			
Spinning			



As well as knowing the different methods of training, you should be able to show how you would apply them to different situations.

**30.** Part way through the season, the netball team have decided to work on their cardiovascular fitness.

Justify their choice of Fartlek training instead of continuous training.

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Marks: **[2]**



How might you change interval training to improve speed for a 100m sprinter in comparison to a 400m runner?



How might you adjust Fartlek training for a cross-country runner and a games player?



How might you alter a weight-training session for a weightlifter to a tennis player?



Remember, this topic could come up as a 9-marker, extended-writing question. Make sure you are prepared by using our 9-mark question-answering structure sheet.



FOR STUDENTS



WANT

MORE?

FOR TEACHERS

