



Revision 2025

WJEC & Eduqas GCSE PE 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 8: Information processing and feedback

12. Explain how knowledge of performance would help a young girl who is learning a new BMX trick.



The performer does not yet know _____, so the KoP would help her make changes or spot _____. Because she is focussed on the _____, making errors is not negative for her.

Marks: **[3]**

Knowledge of performance	Information on technique
	Information on tactics
	Information on how successfully a technique has been performed
	How well they have played
Knowledge of results	Terminal feedback about the outcome
	Knowing the score
	Knowing the result
	In/Out
	Received/Missed
	Caught/Dropped



What if the question above were asked in relation to KoR?

Using a sporting example from a games activity, explain each stage of the information processing model. *Tennis return*

Input: _____ *on the ball as it is served.*

Decision-making: *Receiver interprets the information, ignores some of it, and decides to* _____.

Output: _____ *of the legs and arms to move right and block the serve.*

Feedback: *The feeling of the* _____ *and knowing whether or not the* _____.

Marks: **[4]**

WJEC could make a question like this a six-marker. How would they do it?

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

- VIDEO TUTORIALS**: Shows a skeleton with joints highlighted.
- ONLINE RETRIEVAL QUIZZING**: Shows a skull with a question 'Identify the bone highlighted in this image.' and options: Pubis, Cranium, Fibula.
- INSTANT FEEDBACK**: Shows a message 'Your answer is correct.' and a question about the cranium.
- EXAM QUESTIONS**: Shows a question '1. Structure of a synovial joint 5.' and a student's answer.
- EXAM STATS**: Shows a grid of progress charts for various topics like Structure of Joints, Structure of the Skeleton, Muscles of the Body, etc.
- LIVE DATA**: Shows a table of scores for different topics and a 'SUMMARY' section.



Hot Topic 7: Levers

20. Identify the **two** different lever systems occurring at the shoulder **and** ankle as the badminton player hits the shuttle.



Shoulder: _____

Ankle: _____

Marks: [2]

DID YOU KNOW



With a paid school subscription, students have access to:

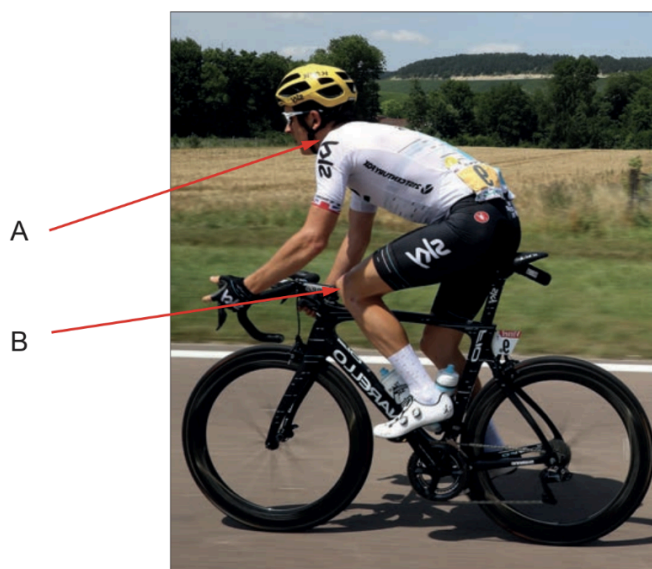
- video tutorials covering the whole spec
- all online quizzing on every topic
- board-specific exam-style questions
- all 10 Hot Topics
- the full 90 mins revision session
- a full set of revision notes

theeverlearner.com



Look at this question from the 2019 exam:

3. In 2018, Geraint Thomas became the first Welshman to win the Tour de France.



- (a) (i) Identify the classification of lever seen at point A and point B in the image above. [2]

	Classification of lever
A. Neck	
B. Knee	

- (ii) Assess the difference between the classification of the two levers. [2]

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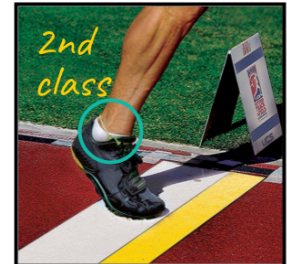
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HOT TOPICS VIDEO TUTORIALS
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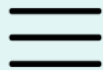
Select a lever from the four options above that operates at mechanical **advantage**:

Answer:

Explain why you chose this example:

Because...

USEFUL BLOG POST



WJEC
EDUQAS

Your last week of GCSE PE revision in 5 simple steps

Although this blog post is from 2024, it is still a great way to prepare for your upcoming exam!

READ NOW



🔥 Hot Topic 3: Principles of training and exercising 🔥

23. Identify one **principle** of overload.

Marks: **[1]**

24. Describe how a young netballer can use these **three** principles of training to improve performance:

Specificity

Progression

Variance



Specificity: -----

Progression: -----

Variance: -----

Marks: **[3]**

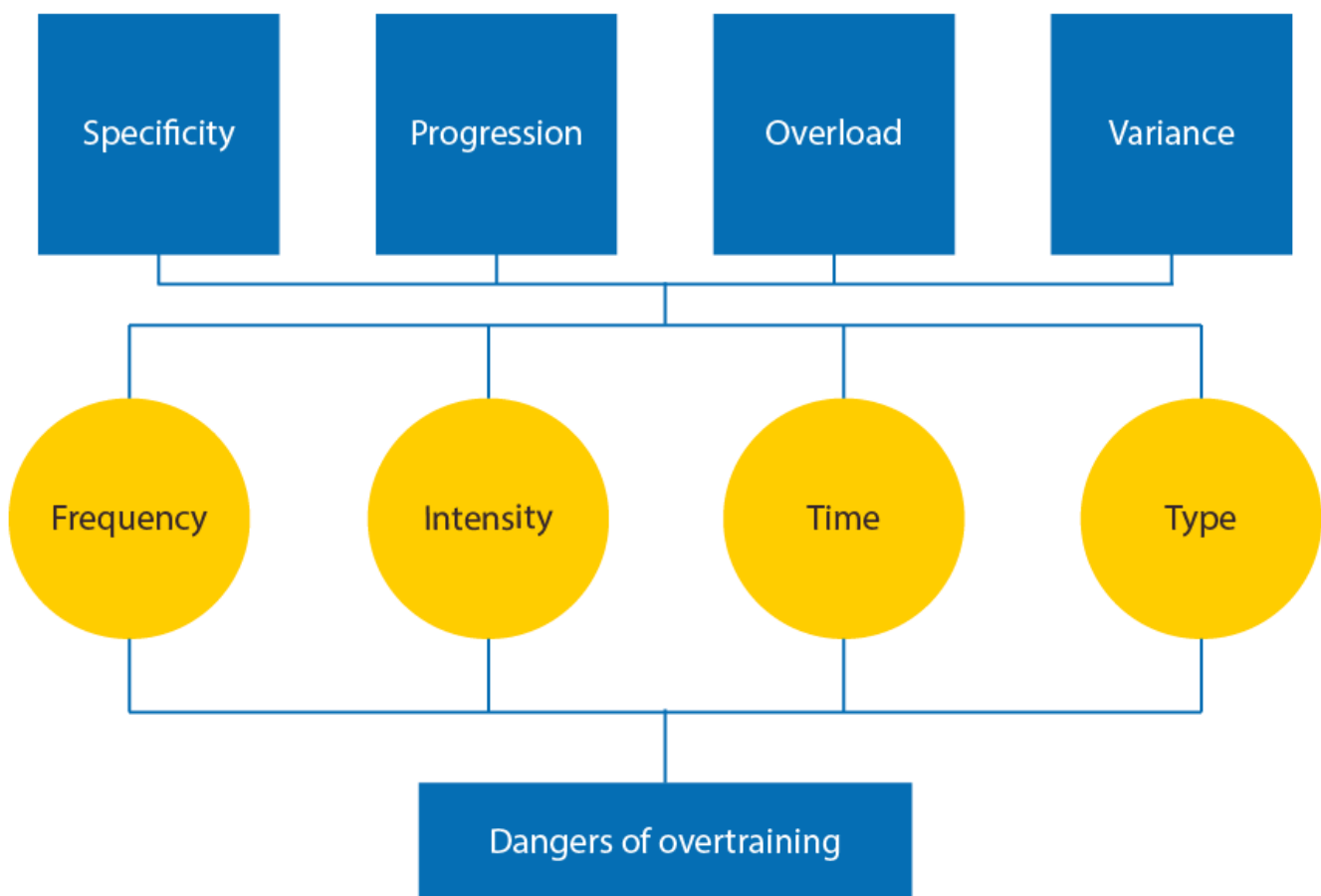


Look at this question from the 2022 exam:

(ii) Identify **two** ways a marathon runner could overload their training programme to improve their anaerobic threshold. [2]

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Principles of Training



FOR STUDENTS



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FOR TEACHERS

