

Key Stage 4 Resource Area

For your GCSE revision, the first place you should look is on your EverLearner account. On here you have different resources that will be able to help you with your revision. If you feel that you still require more resources to aid your revision, then please use the resources provided below.

Anatomy & Physiology:

	BBC Bitesize	Planet PE	Seneca Learning
Muscular System	https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1	https://www.youtube.com/watch?v=YPVnIPeZKT0	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/22c893f0-2090-11e8-a71c-112688d4088a/session
Skeletal System	https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/5	https://www.youtube.com/watch?v=Ax1u1v9dpTk&list=PLbSSB3KdvkRKeHTneHbGK_HAelCxsrUXX&index=2	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/6c855620-206a-11e8-a71c-112688d4088a/session
Cardiovascular System	https://www.bbc.co.uk/bitesize/guides/z8fhycw/revision/1	https://www.youtube.com/watch?v=l16ymQJDMY&list=PLbSSB3KdvkRLwNouo1pqV89f31MVe0hWX&index=19	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/5d9b7e00-2128-11e8-a71c-112688d4088a/session
Respiratory System	https://www.bbc.co.uk/bitesize/guides/zpd4wxs/revision/1	https://www.youtube.com/watch?v=3gDAtSJGCa8&list=PLbSSB3KdvkRKeHTneHbGK_HAelCxsrUXX&index=6	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/e9e276c0-209c-11e8-a71c-112688d4088a/session
Aerobic and Anaerobic Exercise	https://www.bbc.co.uk/bitesize/guides/z2c34j6/revision/1	https://www.youtube.com/watch?v=GiPexWdPF88	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/f0dd3e00-2133-11e8-a71c-112688d4088a/session

			112688d4088a/session
Immediate, short and long term effects of exercise	https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1	https://www.youtube.com/watch?v=T0Ejr5Mmh0c&list=PLbSSB3KdvkRkRHtneHbGKHAelCxsrUXX&index=27	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/0aa73470-213a-11e8-a71c-112688d4088a/session
Movement Analysis in Sport	https://www.bbc.co.uk/bitesize/guides/zgrvcwx/revision/1	https://www.youtube.com/playlist?list=PLbSSB3KdvkRI4VlboxUZCvwfnGmQaiNWL	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/fe900cf0-214a-11e8-a71c-112688d4088a/session

Physical Training:

	BBC Bitesize	Planet PE	Seneca Learning
Keeping fit and Healthy	https://www.bbc.co.uk/bitesize/guides/zckcdmn/revision/1	https://www.youtube.com/watch?v=xq_ZQE13Lvl	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/50d68b80-2153-11e8-b532-a178f617cdff/session
Principles of training	https://www.bbc.co.uk/bitesize/guides/zntfrd/revision/1	https://www.youtube.com/watch?v=fQloluDDngc	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/2b518ff0-2161-11e8-878e-a398c36d803a/session
Methods and effects of training	https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1	https://www.youtube.com/playlist?list=PLbSSB3KdvkRJFfhvV5geA7gwTZsyGcS30	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/cd439080-2169-11e8-b96c-

			978171e52b26/session
Health and safety in sport	https://www.bbc.co.uk/bitesize/guides/zx4gk7h/revision/1	https://www.youtube.com/watch?v=xq_ZQE13Lvl	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/a5e58200-21e1-11e8-b212-83924f4f4664/session

Sports Psychology:

	BBC Bitesize	Planet PE	Seneca Learning
Classification of skill	https://www.bbc.co.uk/bitesize/guides/zsj87hv/revision/1	https://www.youtube.com/watch?v=Kf476pclFkY	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/a24fede0-06b3-11e8-a7fa-d5f998ee5b98/session
Performance guidance in sport	https://www.bbc.co.uk/bitesize/guides/zs7wmnb/revision/1	https://www.youtube.com/watch?v=yhmKfa_DPj0	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/5c127930-1705-11e8-9c7f-8ba7363aad53/session
Performance feedback in sport	https://www.bbc.co.uk/bitesize/guides/z9yn39q/revision/1	https://www.youtube.com/watch?v=lphawtads5M	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/52c439e0-170f-11e8-900c-074dc3b40e77/session
Mental preparation	https://www.bbc.co.uk/bitesize/guides/zyx7tyc/revision/1	https://www.youtube.com/watch?v=WWUqLrw3TRE	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/ce974370-1712-11e8-a0e3-

			abb4e90a353f/session
Target setting	https://www.bbc.co.uk/bitesize/guides/zwr34j6/revision/1	https://www.youtube.com/watch?v=f4npeCA983sk	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/e2140230-16f9-11e8-8c8f-3320f5f74739/session

Socio-Cultural Influences:

	BBC Bitesize	Planet PE	Seneca Learning
Social grouping and participation in sport	https://www.bbc.co.uk/bitesize/guides/zsmq6fr/revision/1	https://www.youtube.com/watch?v=e9gdUZsZpw0	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/b2f97df0-1739-11e8-a76e-cdd81c95c816/session
Ethical factors in sports	https://www.bbc.co.uk/bitesize/guides/zwcb9qt/revision/1	https://www.youtube.com/watch?v=jhn8OAhLUhY	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/ddc20040-1e17-11e8-a9ba-617735eefa14/session
Commercialisation in sport	https://www.bbc.co.uk/bitesize/guides/zp2jxsg/revision/1	https://www.youtube.com/watch?v=3cGdjLt4-aE	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/c9f94d50-173e-11e8-97f2-1f34ef9b4a9d/session
Technology in sport	https://www.bbc.co.uk/bitesize/guides/zgfpv4j/revision/1	https://www.youtube.com/watch?v=JA5ptKSd9QA	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/49a461f0-1737-11e8-a76e-cdd81c95c816/session

Health, Fitness and Well-Being:

	BBC Bitesize	Planet PE	Seneca Learning
Health and wellbeing	https://www.bbc.co.uk/bitesize/guides/zxj87hv/revision/1	https://www.youtube.com/watch?v=Yj4zKaZplVM	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/e2edb9b0-2218-11e8-a7e3-91098f23273c/session
Sedentary lifestyle	https://www.bbc.co.uk/bitesize/guides/z8cb9qt/revision/1	https://www.youtube.com/watch?v=QpdG8Rm1hvM	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/c5ce0ef0-221a-11e8-a7e3-91098f23273c/session
Diet and nutrition	https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/1	https://www.youtube.com/watch?v=jmQYBCJn5Bw	https://app.senecalearning.com/classroom/course/91c639c0-06b3-11e8-a7fa-d5f998ee5b98/section/10d38ee0-2223-11e8-a7e3-91098f23273c/session

Exam Skills:

	BBC Bitesize	Planet PE	Seneca Learning
Exam Techniques	https://www.bbc.co.uk/bitesize/guides/zwkcdmn/revision/1	https://www.youtube.com/watch?v=AE1E1ByM_5g	
Sample exam questions	https://www.bbc.co.uk/bitesize/guides/zyntfrd/revision/1	https://www.youtube.com/watch?v=t56-n0BC4h0	

Past Exam Papers:

- <https://revisionworld.com/gcse-revision/pe-physical-education/past-papers/aqa-gcse-pe-past-papers>
- <https://gcseguide.co.uk/papers/aqa/physical-education/>
- <https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources?f.Resource+type%7C6=Question+papers&f.Sub-category%7CF=Sample+papers+and+mark+schemes>