**OCR GCSE PE**

**Revision Checklist** - **everything for paper 1**

* Skeletal system
* Synovial joints - structure
* Types of synovial joints
* Muscular system
* Muscles - Antagonistic pairs & fixators
* Levers in sport - 1st, 2nd & 3rd class
* Axis in sport - Longitudinal, transverse & frontal
* Planes in sport - Sagittal, transverse & frontal
* Types of blood vessel
* Flow of blood through the heart
* Heart - chambers & valves
* Function of blood
* Respiratory system including gas exchange in alveoli
* Aerobic and anaerobic respiration
* Short-term effects of exercise
* Long-term effects of exercise
* Components of fitness
* Fitness tests
* Principles of training
* Warm up and cool down
* Types of training
* Prevention of injury

**Links to key sites that are used for revision**

* OCR GCSE PE Bitesize
* Seneca Learning

**A paper / hard copy of any revision guides that have been given to students to support them**

* Pink booklet - OCR GCSE PE Paper 1 Revision Booklet
* White booklet - OCR GCSE PE Paper 1 Work Revision booklet