

# GCSE PE topic list for Yr 11 PPE

November 2025

## Paper 1

- Muscle action
- Joint action
- Aerobic v Anaerobic activities
- Reliability v Validity of fitness tests
- Components of fitness – definitions and application to sport
- Structure of Veins Arteries and Capillaries
- Redistribution of blood flow
- EPOC
- Lever systems and mechanical advantage
- SPORT & FITT
- How to calculate training zones to improve cardiovascular endurance and suitable training methods

## Paper 2

- SMART targets
- Skill continuums
- Information processing model
- Stress Management techniques