



Year 12 PE P1 Checklist

Subject: A-level PE	Paper : 1 (EH) YR12	Duration: 1 hour
What to revise	How to revise it	
Revision Guide is My Revision Notes – OCT A Level PE by Kerri Moorhouse ISBN 978-1-5104-0521-9		
Joints movements and muscles	Revision Guide Pg6-13 Everlearner https://www.youtube.com/watch?v=rDGqkMHPDqE&t=443s&index=2&list=PLMfmZR7RDblEv4M9NtZD5oN5YzmbN3IFu https://www.youtube.com/watch?v=1UHLY8L7eSs https://www.youtube.com/watch?v=zRVNHdxRw00 https://www.youtube.com/watch?v=7egSZwzuYRs	
Functional roles and contractions (Antagonistic Pairs/Types of Contraction)	Revision Guide Pg8-13 Everlearner https://www.youtube.com/watch?v=Ktv-CaOt6UQ https://www.youtube.com/watch?v=IPMI49wr6pg&index=2&list=PLMfmZR7RDblEv4M9NtZD5oN5YzmbN3IFu https://www.youtube.com/watch?v=l80Xx7pA9hQ	
Analysis of movement	Revision Guide Pg8-13 All of the Above links Everlearner https://www.youtube.com/watch?v=5YcNAPzDxDg	
Skeletal muscle contraction (Motor Unit)	Revision Guide Pg15 Everlearner https://www.youtube.com/watch?v=T00U5IMWAWQ	
Muscle fibre applied	Revision Guide P16-17 Everlearner https://www.youtube.com/watch?v=Ktv-CaOt6UQ https://www.youtube.com/watch?v=l80Xx7pA9hQ	
CV system at rest and during exercise	Revision Guide Pg19-26 Everlearner https://www.youtube.com/watch?v=X9ZZ6tcxArl https://www.youtube.com/watch?v=V633r0Lo-oh https://www.youtube.com/watch?v=v43ej5lCeBo&t=418s https://www.youtube.com/watch?v=VMwa6yC3r-s https://www.youtube.com/watch?v=whtNDBlhczQ https://www.youtube.com/watch?v=HQWlCSp9SIs https://www.youtube.com/watch?v=Lsz2oEWbNmQ https://www.youtube.com/watch?v=fZT9vIbL2uA https://www.youtube.com/watch?v=T4x7-2HKtJ0&list=PLMfmZR7RDblEv4M9NtZD5oN5YzmbN3IFu&index=4 https://www.youtube.com/watch?v=V633r0Lo-o https://www.youtube.com/watch?v=OLGy1a3w08s https://www.youtube.com/watch?v=AXQnM-jai0	
Respiratory system at rest during exercise	Revision Guide Pg27-33 Everlearner https://www.youtube.com/watch?v=bHZsvBdUC2I https://www.youtube.com/watch?v=uYm4l_aIVV0	
Newton's Laws	Revision Guide Pg84 Everlearner https://www.youtube.com/watch?v=kKKM8Y-u7ds	

	https://www.youtube.com/watch?v=JGO_zDWmkvk
Force	Revision Guide Pg85-89 Everlearner https://www.youtube.com/watch?v=XMzh37kwnV4
Levers	Revision Guide Pg90-91 Everlearner https://www.youtube.com/watch?v=eTa2EFd3JF0
Diet and Nutrition	Revision Guide pg 44-47 https://www.youtube.com/watch?v=M2z78d2nfl4 https://www.youtube.com/watch?v=7GBo_pdMJ44&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=2 https://www.youtube.com/watch?v=jCpJa9LCPi8&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=4
Ergogenic Aids	Revision Guide pg 48-53 https://www.youtube.com/watch?v=0edpy67dT5U&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=7 https://www.youtube.com/watch?v=NI5stMzn4T8&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=3
Training principles Training cycles	https://www.youtube.com/watch?v=prlyDNPYLJM&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=18 https://www.youtube.com/watch?v=jx_GvrBZR4w Revision guide pg 54-56
Aerobic training	Revision Guide pg 57-60 https://www.youtube.com/watch?v=y-QTWsllKsk&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=8 https://www.youtube.com/watch?v=sWvsXTkKGq0&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=11
Strength training	Revision Guide pg 63-66 https://www.youtube.com/watch?v=rz_1xd2mcpq&index=12&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET https://www.youtube.com/watch?v=hZuWfvp3vgo&index=13&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET
Flexibility training (IF TAUGHT IN LESSON BY EXAM)	Revision Guide pg 68-71 https://www.youtube.com/watch?v=BCzCjbn-xV0&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=17 https://www.youtube.com/watch?v=BT2DNM2jSvo&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=19 https://www.youtube.com/watch?v=Sckf1aH2NZ8&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=20
Training Adaptations (IF TAUGHT IN LESSON BY EXAM)	Revision Guide pg 61-63, 67-68, 72 https://www.youtube.com/watch?v=Gya9ptpXrV4&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=10 https://www.youtube.com/watch?v=ljuYfZCo4EI&index=15&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET https://www.youtube.com/watch?v=oJw5hPdbcng&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=16