

Y11 Mock Exam Preparation: **GCSE PE**

Mock Exam(s):

Exam 1: *Thursday 4th December (78 marks - 75 minutes)*

Exam 2: *Friday 12th December (48 marks - 45 minutes)*

Revision Topic List Exam 1	
Content	Skills
- Structure and Function of the Musculoskeletal System - Bones - Structure - Functions - Muscles - Synovial Joint - Types of joint - Movements at joints - Antagonistic Pairs - Structure and Function of the Cardiorespiratory System - Pathway of air - Gaseous Exchange - Blood Vessels - Heart Structure - Cardiac Cycle - Cardiac Output/stroke volume/heart rate - Mechanics of Breathing - Spirometer Trace - Aerobic and Anaerobic Exercise - Aerobic exercise - Anaerobic exercise - EPOC - Recovery Processes - Short and Long Term Effects - Immediate effects - Short Term effects - Long Term Effects - Movement Analysis - Lever Systems - Axes and Planes - Physical Training - Health and fitness - Components of fitness - Fitness Testing - Methods of training	- Recalling facts to demonstrate knowledge - Applying knowledge to sporting examples - Applying understanding of knowledge to sporting examples - Analysing and evaluating how/why the knowledge underpins performance - AO1 - recall facts - AO2 - apply knowledge to give examples - AO3 - evaluate how/why this will impact on performance in sporting examples

- Principles of training - Effects on the body - Injury - Calculating intensities - Specific training techniques - Seasonal Aspects - Warm Up Cool Down	
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Revision Topic List Exam 2	
Content	Skills
- Sports Psychology - Skill / Ability - Classification of Skill - Types of Goal - Goal Setting - SMART Targets - Information Processing Model - Guidance and Feedback - Arousal / Inverted U theory - Aggression - Personality Types - Motivation	- Recalling facts to demonstrate knowledge - Applying knowledge to sporting examples - Applying understanding of knowledge to sporting examples - Analysing and evaluating how/why the knowledge underpins performance - AO1 - recall facts - AO2 - apply knowledge to give examples - AO3 - evaluate how/why this will impact on performance in sporting examples