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	

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