

GCSE PE

<u>Your Y11 Mock Exams</u> Title and length of paper(s): Paper 1 - 1 hour 15 mins Paper 2 - 1 hour Style(s) of question: The exam will included multiple choice, short and long answer questions.		How best to revise for this subject: (activities, how long, when, revisiting ideas ...) Past paper questions and mark schemes <ol style="list-style-type: none"> 1. Have a go at the exam question without using your notes. 2. Use the mark schemes to mark your answers. 3. Use a different colour to mark your answers and fill in any corrections.
Themes to be assessed (on each paper):	Resources: (incl. page refs / websites etc)	Revision of all key terms and definitions. Create a glossary or use cue cards to test yourself.
Paper 1: Applied anatomy and physiology – The human body and movement in physical activity and sport. Movement analysis –The human body and movement in physical activity and sport Health and fitness- The relationship between health and fitness.	Your books/ class notes Revision Guides. GCSEPod videos eRevision Use of aqa.org.uk to find past papers	Use a whiteboard to review and check knowledge. For example write and test your movement type definitions Review the equations for the heart and energy systems. Review the CKSR exam technique to help give context and sporting examples to questions. Acting on feedback provided in lessons and on homework. Use GCSE Pod. Use your new eRevision subscription.
Paper 2: Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.		

What support could be happening in lessons? Lesson time will continue to be dedicated to coursework for a little longer. Silent starters and recap knowledge quizzes will help you to recap previous knowledge. Individual question practice and valuable teacher reviews of mark scheme responses.	What could I expect for homework? The opportunity to complete and review past paper questions. Preparation of personal revision materials. Time directed to eRevision and GCSE Pod
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GCSE PE Paper 1 revision checklist:

YEAR 9 content:

Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.

Structure of the skeletal system/functions of the skeleton.
Recap on bones and functions.
Muscles of the body.
Structure of a synovial joint.
Types of freely moveable joints that allow different movements.
How joints differ in design to allow certain types of movement.
How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.
Gaseous exchange.
Mechanics of breathing – including revision of gaseous exchange.
Interpretation of a spirometer trace.
Blood vessels.
The structure of the heart.
The cardiac cycle and the pathway of blood – including revision of blood vessels.
Cardiac output and stroke volume.
Effects of exercise – immediate, short and long term.
Aerobic, Anaerobic exercise
Recovery from exercise – EPOC, oxygen debt,
Methods to reduce improve recovery from exercise

YEAR 10 content

Movement analysis – Paper 1: The human body and movement in physical activity and sport

Lever systems and mechanical advantage.
Analysis of basic movements in sporting examples – including revision of joints/muscles/bones.
Planes and axes.

Health and fitness recap, including the relationship between health and fitness.
The components of fitness.
Linking sports and activities to the required components of fitness.
Reasons for and limitations of fitness testing.
Measuring the components of fitness and demonstrating how data is collected.
The principles of training and overload.
Measuring the components of fitness and demonstrating how data is collected.
Types of training.

	Types of training (continued) with reference to the advantages and disadvantages of using these types for different sports.
	Calculating intensity.
	Considerations to prevent injury.
	High altitude training and seasonal aspects.
	Warming up and cooling down.

GCSE PE Paper 2 revision checklist:

YEAR 11 content

Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.	
	Skill and ability.
	Classification of skill.
	Arousal and the Inverted-U theory.
	Application of how optimal arousal has to vary in relation to the skill/ stress management techniques.
	Definition of and types of goals.
	The use of and evaluation of setting performance and outcome goals.
	The use of SMART targets to improve/optimize performance.
	Basic information processing model.
	Identify examples of, and evaluate, the effectiveness of types of guidance and feedback.
	Direct and indirect aggression.
	Understand the characteristics of introvert and extrovert personality types.
	Definition of intrinsic and extrinsic motivation, as used in sporting examples.
	Evaluation of the merits of intrinsic and extrinsic motivation in sport.