

## Y11 Formal Mock Exam /Assessment

Year Group:	11
Subject:	GCSE PE
Tier (if applicable):	

### Details of mock exam

Paper to be sat:	Component 01 and 02
Topics to be covered in the mock:	<p>1.1.a The structure and function of the skeletal system</p> <ul style="list-style-type: none"> <li>• Location of bones</li> <li>• Functions of the skeleton</li> <li>• Types of joints</li> <li>• Types of movement</li> <li>• Roles of ligaments, tendons, and cartilage</li> </ul> <p>1.1.b The structure and function of the muscular system</p> <ul style="list-style-type: none"> <li>• Location of the muscles of the body</li> <li>• Muscles and movement</li> </ul> <p>1.1.c Movement analysis</p> <ul style="list-style-type: none"> <li>• Levers</li> <li>• Axis of rotation</li> <li>• Planes of movement</li> </ul> <p>1.1.d The cardiovascular and respiratory systems</p> <ul style="list-style-type: none"> <li>• The structure of the heart</li> <li>• The pathway of the blood</li> <li>• HR, SV and CO</li> <li>• The pathway of air</li> <li>• The mechanics of breathing</li> <li>• BR, TV and MV</li> </ul> <p>2.2 Sports psychology</p> <ul style="list-style-type: none"> <li>• Classification of skills</li> <li>• Characteristics of a skilful movement</li> <li>• Goal setting</li> <li>• Mental preparation</li> <li>• Types of guidance</li> <li>• Types of feedback</li> </ul> <p>2.1.c. Ethical and socio-cultural issues in physical activity and sport</p> <ul style="list-style-type: none"> <li>• Ethics</li> <li>• Violence</li> <li>• Deviance</li> <li>• Sportsmanship</li> <li>• Gamesmanship</li> <li>• Drugs in sport</li> </ul> <p><b>Please note:</b> Content checklists will be provided for students regarding the topic areas on the test.</p>

### Materials to support your revision

<p>Link to Online Resources:</p>	<p>Students will be introduced to SENECA as a revision tool during lessons.  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a>            Students will be introduced to the everlearner YouTube channel. Allowing them to access revision materials.  <a href="https://www.youtube.com/c/TheEverLearner/featured">https://www.youtube.com/c/TheEverLearner/featured</a></p>
<p>Link to exemplar questions or past papers to use:</p>	<p>Pupils will be provided with example question booklets relating to the topic area.</p>
<p>Link to model answers or mark schemes:</p>	<p>The exam question booklets will contain the mark schemes.            Use of visualisers will be used to highlight model answers in students work.</p>
<p>Recommended revision guides:</p>	<p>Pupils will have access to their own revision materials they have created within lessons.            PE department will produce revision resources that can be used prior to the mock exams.            Students have had the option to purchase revision materials from the department at a cost of £9.50.</p>
<p>In house booklets:</p>	<p>As above</p>
<p>For essay subjects and longer answer questions –</p>	<p>All elements of sports psychology.</p>
<p>Suggested question titles for practice:</p>	<p>N/A</p>