



## YEAR 11 BTEC PE REVISION- Mock Exam

KJS PE Department would like you to revise different PE topic areas each week, leading up to your BTEC mock exam.

### Examples of Revision Techniques:

Mind maps, flash cards, notes, spider diagrams, past papers, Everlearner, Seneca, revision guides and workbooks.

*Reinforcing your memory – get someone to test you from the notes or resources that you make!*

**The Mock Exam:** 1 hour 30 minutes

The paper will have 60 marks.

### Specific PE Tips

- Answer ALL questions
- Underline key words in the questions. Read all parts of the questions carefully.
- Identify how many marks are awarded for each question before answering and decide how to weight your response. Make sure you give enough points.
- SPECIFIC sporting examples i.e. SET SHOT in basketball



TOPIC	WHAT YOU NEED TO KNOW.....	DATE and TASK
Types of Sports requiring specific components of fitness	<b>Components of Fitness - Definitions</b> <i>Physical Components - BASSFM Aerobic Endurance, Muscular Endurance, Muscular strength, Speed, Flexibility, Body Composition, BCRAP - Power, Agility, Reaction time,,Balance, Co-ordination</i>	Complete Table w/c Oct 14
Fitness Training Principles	<b>Basic Principles – Definitions</b> <b>FITT</b> <i>Frequency, Intensity, Time, Type</i>  <b>Additional Principles – Definitions</b> <b>VARIOSR</b> <i>Progressive Overload, specificity, individual differences, adaptation, reversibility, variation, rest &amp; recovery.</i>	Complete Mind Map w/c Oct 14
Exercise Intensity	<b>Intensity – heart rates</b> <b>Max HR - calculate</b> <b>Target zones – calculating, aerobic, anaerobic</b> <b>Borg Rating</b> <b>1RM</b> <b>Technology - use of HR monitors, fitness watches,apps</b>	Complete Exam Questions w/c Oct 21
Fitness Tests	<b>Reasons for fitness testing</b> <b>Pre-test procedures</b> <b>Accurate measurement</b> <b>Reliability</b> <b>Validity</b> <b>Practicality</b>	Complete booklet and exam questions w/c Oct 28

<b>Fitness Tests &amp; components of Physical fitness</b>	<b>Names of fitness tests (24)</b> <b>Link to correct component of Fitness Protocol for each</b>	<b>Complete booklet w/c Nov 4</b>
<b>Interpreting Data</b>	<b>Tables of Normative Data</b>	<b>Complete Exam questions w/c Nov 4</b>
<b>Training Methods</b>	<b>Warm up - 2 components (stages)</b> <b>Cool Down – 2 components (stages)</b> <b>Reasons why we warm up/ cool down</b>	<b>Complete Flash cards w/c Nov 11</b>
<b>Training methods for physical components of fitness</b> <b>Advantages &amp; Disadvantages of each method</b>	<b>Aerobic Endurance – 4 methods</b> <b>Muscular Endurance – 2 methods</b> <b>Muscular strength – 1 method</b> <b>Speed – 2 methods</b> <b>Flexibility – 3 methods</b> <b>Body Composition – 0 methods</b> <i>Principles of each</i> <i>Advantages and disadvantages of each</i>	<b>Complete table w/c Nov 11</b>
<b>Training methods for skill related components of fitness</b> <b>Advantages &amp; Disadvantages of each method</b>	<b>Power – 1 method</b> <b>Agility – 1 method</b> <b>Reaction time - 1 method</b> <b>Balance – 2 methods</b> <b>Co-ordination - 1 method</b>	<b>Complete table w/c Dec 2</b>
<b>Provision for fitness training</b>	<b>Public</b> <b>Private</b> <b>Voluntary</b> <b>Advantages and Disadvantages of each</b>	<b>Complete exam Questions w/c Dec 9</b>
<b>Long term effects of fitness training</b>	<b>Physical Components - BASSFM Aerobic Endurance, Muscular Endurance, Muscular strength, Speed, Flexibility, ,</b> <b>Skill related Components - BCRAP - Power</b>	<b>Complete Revision Guide and exam questions w/c Dec 16</b>
<b>Fitness to improve performance</b>	<b>Personal information to aid fitness design</b> <b>Fitness Programme Design</b>	<b>Complete Revision Guide and exam questions w/c Dec16</b>
<b>Motivational techniques</b>	<b>Types of motivation – intrinsic and extrinsic</b> <b>Goal setting SMARTER goals</b> <b>Short term and long term goals</b> <b>Influence of goal setting on motivation</b>	<b>Complete Spider Diagram w/c Dec 30</b>

	<b>EXAM</b>	w/c Jan 6
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