YEAR 11 GCSE PE REVISION- Mock Exam

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

The Mock Exam: 1 hour 45 minutes

The exam will be on the following paper 1 topic areas. *(The weekly schedule states what aspects of each topic)*

1) Health, Fitness, Exercise & performance
2) Components of fitness
3) Fitness Testing
4) Principles of Training
5) Methods of Training
6) Drugs
7) Long term effects of exercise
8) Musculo-Skeletal system
9) Cardio-Respiratory system
10) Levers
11) Planes & Axes

There will also be the following paper 2 topics on the exam:

1) Health & Fitness
    a. Reasons & Benefits
    b. Lifestyle choices
    c. Diet & weight

The exam will be made up of:

The exam will consist of multiple choice, short-answer, long-answer and one extended writing question. Use of data is embedded throughout the paper where appropriate.

Section A Questions are focused on Applied anatomy & physiology plus Movement Analysis

Section B Questions are focused on Physical Training

Section C One 9 mark question linked to Physical Training

Additional Section D Questions focused on Health & Fitness

Specific PE Tips

- Answer ALL questions
- Underline key words in the questions. Read all parts of the questions carefully.
- Indentify 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*
Health & Fitness	**The 4 definitions & how they link together** *(Health, Fitness, Exercise and Performance)*	**Week Beginning 7th October**
Components of fitness	**What are the 11 components & definitions** **Examples relating to sports** (*Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Balance, Co-ordination, Reaction Time,Agility, Power, Speed)*	
Fitness Tests	**How to test the different components of fitness – protocol and what they test** *(cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach)* **The use and interpretation of different fitness tests and looking at data.**	
Principles of Training	**The Principles of training** *(Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training)* **Impact on performance**	**Week Beginning 14th October**
Methods of Training	**The 6 Methods of Training – definitions & examples** *(Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics)* **What components of fitness each method uses** **Advantages & disadvantages**	
Performance Enhancing Drugs	**The 7 different performance enhancing drugs** *(Growth hormones, beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo)* **Advantages & Disadvantages**	
Musculo-skeletal System	Muscle types *(Voluntary, involuntary, cardiac)* The 12 key muscles and their movements. (e.g. the biceps flex the arm at the elbow) *(biceps, triceps, pectoralis major, quadriceps, hamstrings, gastrocnemius, external obliques, hip flexors, tibialis anterior, deltoid, latissimus dorsi, gluteals)* Antagonistic pairs Muscle fibres Tendons	**Week Beginning 21st October**
	The functions of the skeletal system The Joints *(Pivot, hinge, ball & socket, condyloid)* Joints and movement *(Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion)* Ligaments	

Cardio-Respiratory System	The components and the function of the cardiovascular system. The heart – its structure and different parts Blood flow and blood distribution (*Vascular shunting)* Function of blood *(Blood cells, platelets & plasma)* Cardiac Output and Stroke Volume	**Week Beginning 28th October (half term)**
	Gaseous exchange and the alveoli Tidal Volume and Vital Capacity Effects of smoking on the respiratory system	
Effects of Exercise	Long term effects of exercise (*after 6 weeks regular exercise)* on all the body systems	**Week beginning 4th November**
Levers	What makes up a lever 1st, 2nd and 3rd class levers and the specific example for each Mechanical advantages & disadvantages	
Planes & Axes	The 3 different planes and examples of sporting movements. The 3 different axis and examples of sporting movements Cartwheels, somersaults & twist jumps for example How the planes & axis link together	
PAPER 2		
Reasons & Benefits	Physical, Emotional & Social Health Benefits of taking part in Physical Activity (Physical, Emotional & Social) Lifestyle choices & their impact on health & well-being Sedentary Lifestyle Postiive & negative impact of physical activity	**Week Beginning 18th November**
Diet, Energy & Weight	Optimum weight Macronutirents Protein Intake	