

Year 11 Mock Week 2 Preparation Template

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

Details of mock exam

| | |
|-----------------------------------|--|
| Paper to be sat: | Physical Factors Affecting Performance |
| Topics to be covered in the mock: | Structure and Function of the Skeletal system Structure and Function of the Muscular system Movement Analysis Cardiovascular and Respiratory system Effects of exercise on body systems Components of Fitness Applying the Principles of Training Preventing Injury in Physical Activity and Training |

Materials to support your revision

| | |
|--|---|
| Link to Online Resources: | GCSE Bitesize OCR PE https://www.bbc.com/education/examspecs/ztrcg82 |
| Link to exemplar questions or past papers to use: | Resources are available on the OCR website http://www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016/assessment/ |
| Link to model answers or mark schemes: | Resources are available on the OCR website http://www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016/assessment/ |
| Recommended revision guides: | CGP GCSE Physical Education – complete revision and practice |
| In house booklets: | Physicalh Factors Affecting Performance mind map booklet |
| For essay subjects and longer answer questions – suggested question titles for practice: | |