

## Year 11 Mock Week Preparation Template

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

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