

## Year 11 Assessment Week

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

### Details of assessment

Paper to be sat:	1.1 Applied anatomy and physiology 1.2 Physical training
Topics to be covered in the assessment:	<ul style="list-style-type: none"> <li>• 1.1.a. The structure and function of the skeletal system</li> <li>• 1.1.b. The structure and function of the muscular system</li> <li>• 1.1.c. Movement analysis</li> <li>• 1.1.d. The cardiovascular and respiratory systems</li> <li>• 1.1.e. Effects of exercise on body systems</li> <li>• 1.2.a. Components of fitness</li> <li>• 1.2.b. Applying principles of training</li> </ul>

### Materials to support your revision

Link to online resources:	
Link to exemplar questions or past papers to use:	Students will be provided with an example question booklet relating to the topic area.
Link to model answers or mark schemes:	The exam question booklets will contain the mark schemes.
Recommended revision guides:	<p>Students will have access to their own revision materials they have created within lessons.</p> <p>PE department will produce revision resources that can be used prior to the assessments for a cost of £1 to cover photocopying costs.</p>
In house booklets:	As above
For essay subjects and longer answer questions – suggested question titles for practice:	<ul style="list-style-type: none"> <li>• Functions of the skeleton</li> <li>• The roles of muscle in movement</li> <li>• Lever systems</li> <li>• Planes of movement and axes of rotation</li> <li>• Structure and function of the cardiovascular system</li> <li>• Structure and function of the respiratory system</li> <li>• Aerobic and anaerobic exercise</li> <li>• Short-term effects of exercise</li> <li>• Long-term (training) effects of exercise</li> <li>• Components of fitness</li> <li>• Warm and cool down</li> <li>• Types of training</li> <li>• PPE</li> <li>• Risk Assessment</li> <li>• SPORT and FITT</li> </ul>