

Year 11 Mock Week

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

Details of mock exam

Paper to be sat:	Socio-cultural issues and psychology
Topics to be covered in the mock:	Characteristics of a skilful movement Classification of skills Goal setting Mental preparation Types of guidance Types of feedback Health, fitness and well-being Diet and nutrition Commercialisation

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:	Illuminate Publishing – OCR GCSE (9-1) PHYSICAL EDUCATION Will Staithes
In house booklets:	Exam question booklet component 2: Socio-cultural issues and psychology Component 2: Socio-cultural issues and psychology Revision Guide
For essay subjects and longer answer questions – suggested question titles for practice:	Diet and nutrition Characteristics of a skilful movement Goal setting Health, fitness and well-being