

## Year 11 Mock Week Preparation Template

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

### Details of mock exam

Paper to be sat:	Physical factors affecting performance and Sports Psychology
Topics to be covered in the mock:	<p><b><u>Applying Principles of Training</u></b></p> <ul style="list-style-type: none"> <li>• SPORT and FITT</li> <li>• Types of training</li> <li>• Warm up/cool down</li> </ul> <p><b><u>Sports Psychology</u></b></p> <ul style="list-style-type: none"> <li>• Characteristics of a skilful movement</li> <li>• Classification of skills</li> <li>• Goal setting</li> <li>• Mental preparation</li> <li>• Types of guidance</li> <li>• Types of feedback</li> </ul> <p><b><u>Health, fitness and well-being</u></b></p> <ul style="list-style-type: none"> <li>• Diet and nutrition</li> </ul>

### 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:	Student notes and booklets Students knowledge organisers or flash cards Exam question booklet component 2: Sports psychology

For essay subjects  
and longer answer  
questions –  
suggested question  
titles for practice:

- SMART goal setting
- Characteristics of a skilful movement
- Mental preparation
- Types of feedback