

Y11 Formal Mock Exam 1/Assessment Template

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

Details of mock exam

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

Materials to support your revision

Link to Online Resources:	<p>Students will be introduced to GCSE POD as a revision tool during lessons. https://www.gcsepod.com/</p> <p>Students will be introduced to the everlearner YouTube channel. Allowing them to access revision materials. https://www.youtube.com/c/TheEverLearner/featured</p>
Link to exemplar questions or past papers to use:	Pupils will be provided with example question booklets 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>Pupils 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 mock exams.</p> <p>Students will also have the option of purchasing the CGP GCSE OCR PE revision guide. (£2.50)</p>
In house booklets:	As above
For essay subjects and longer answer questions –	<ul style="list-style-type: none"> • Functions of the skeleton • The roles of muscle in movement • Lever systems

suggested question titles for practice:	<ul style="list-style-type: none">• Planes of movement and axes of rotation• Structure and function of the cardiovascular system• Structure and function of the respiratory system• Aerobic and anaerobic exercise• Short-term effects of exercise• Long-term (training) effects of exercise• Components of fitness
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