

## Y11 Formal Mock Exam /Assessment

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"> <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 the principles of training</li> <li>• 1.2.c. Preventing injury in physical activity and training</li> </ul>

### Materials to support your revision

Link to Online Resources:	<p>Students will be introduced to GCSE POD as a revision tool during lessons. <a href="https://www.gcsepod.com/">https://www.gcsepod.com/</a></p> <p>Students will be introduced to the everlearner YouTube channel. Allowing them to access revision materials. <a href="https://www.youtube.com/c/TheEverLearner/featured">https://www.youtube.com/c/TheEverLearner/featured</a></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"> <li>• Functions of the skeleton</li> <li>• The roles of muscle in movement</li> <li>• Lever systems</li> </ul>

suggested question titles for practice:

- 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