

Y11 Formal Mock Exam/Assessment Template

Year Group:	11
Subject:	GCSE PE

Details of mock exam

Paper to be sat:	<ul style="list-style-type: none">• 1.2 Physical training• 2.2 Sports psychology
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Topics to be covered in the mock:

- **Short-term effects of exercise**
 - Muscle temperature, heart rate, stroke volume, cardiac output, redistribution of blood flow during exercise (vasodilate and vasoconstrict), respiratory rate, tidal volume, minute ventilation, oxygen to the working muscles and lactic acid production.
- **Long-term (training) effects of exercise**
 - Bone density, hypertrophy of muscle, muscular strength, muscular endurance, resistance to fatigue, hypertrophy of heart, resting heart rate, resting stroke volume, cardiac output, rate of recovery, aerobic capacity, respiratory muscles, tidal volume and minute volume during exercise, capillarisation.
- **Components of fitness**
 - Definition
 - Practical examples
 - Fitness Tests
- **Principles of training**
 - SPOR and FITT
- **Optimising training**
 - Types of training
 - Warm up
 - Key components of a warmup
 - Key benefits to a warmup
 - Cool down
 - Key components of a cool down
 - Key benefits to a cool down
- **Prevention of injury**
 - Risk of injury, protective equipment, correct clothing/footwear, and appropriate level of competition, lifting and carrying equipment safely, use of warm up and cool down.
 - Potential hazards in a sports hall, fitness centre, playing field, artificial outdoor areas, swimming pool.
- **Sports Psychology**
 - Characteristics of a skilful movement - PFACE
 - Classification of skills – Difficulty and environmental
 - Goal setting - SMART
 - Mental Preparation
 - Types of Guidance – Visual, Verbal, Manual, Mechanical
 - Types of Feedback – Extrinsic, intrinsic, knowledge of results, knowledge of performance, positive, negative

Materials to support your revision

Link to Online Resources:	Students will be introduced to GCSE POD as a revision tool during lessons. https://www.gcsepod.com/ Students will be introduced to the everlearner YouTube channel. Allowing them to access revision materials. https://www.youtube.com/c/TheEverLearner/featured
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:	Pupils will have access to their own revision materials they have created within lessons. PE department will produce revision resources that can be used prior to the mock exams. Students have had the option of purchasing the CGP GCSE OCR PE revision guide, flash cards and workbook.
In house booklets:	As above
For essay subjects and longer answer questions – suggested question titles for practice:	<ul style="list-style-type: none"> • Short-term effects of exercise • Long-term (training) effects of exercise • Principles of training • Types of training • Prevention of injury • Sports Psychology