



Subject: **GCSE PE**

Year 11 Second Mock

Revision Topics

All the slides you will need to assist you are located on google classroom.
Use your year 10 & 11 exercise book to help you revise.

Use the GCSE PE Bitesize website to help you-
<https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

Component 1

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Short & long term effects of exercise on the 4 systems above.
- Aerobic & Anaerobic exercise
- Components of fitness
- Training methods
- Principles of training
- Sports injuries
- Warm ups & cool downs
- Performance enhancing drugs

Component 2

- Lifestyle choices affecting sports performance
- Optimum weight
- Balanced diet
- Physical, social & emotional health
- Skill classification
- Goal setting /SMART target settings
- Types of practice.
- Types of feedback & guidance when coaching/teaching sport
- Mental preparation of sports performance
- Participation rates of sport and physical activity
- The commercialisation of sport (sponsorship, TV, media)
- Different types of sporting behaviour.

Exam tips

- Aim to spend **1 mark per minute** on each question. Some questions you might be able to answer quicker.
- If you are asked to give a sporting example, you **MUST** be specific- what position/skill/scenario of game DO NOT just write 'football'.
- Read **EVERY** question at least twice before you attempt your answer- it's so easy to misread a question or get caught out- 'Which of these is NOT'.
- If a question is worth 2 marks- **write 3 different points**- 3 marks- 4 different points etc-just in case one of your points is wrong, this is a safety net.
- Don't spend too long on a question as it could cause you to fall behind and be rushing towards the end of the paper.

Never leave any question BLANK! Always have a go and guesstimate.

9 mark question advice

Remember: **H-D-C-C-**

- HIGHLIGHT KEY WORDS
- DEFINITIONS
- COMPARE AND CONTRAST / SPORTING EXAMPLES
- CONCLUSION
- The mark scheme is split into the sections-
- A01,A02 & A03- each worth up to 3 marks maximum.
- Therefore if you don't include anything for A03 but AO1 & AO2 were answered perfectly, you'd still only get a max. mark of 6/9.
- AO1- Knowledge (3 marks)
- AO2- Application of knowledge (3 marks)
- AO3- Analysis/Evaluation (3 marks)