



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 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 incase 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-
- AO1,AO2 & AO3- each worth up to 3 marks maximum.
- Therefore if you don't include anything for AO3 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)