



YEAR 10 GCSE PE REVISION- Mock Exam

WC 9th May 2022

KJS PE Department would like you to revise different PE topic areas each week, leading up to your PE mock exam. You must provide evidence to your theory teacher that shows you have completed the revision for that week.

Example of evidence: Mind maps, revision cards/notes/diagrams, past Papers, everlearner marks, revision guides and textbooks (Edexcel).

Reinforcing your memory – get someone to test you from the notes or resources that you make!

The Mock Exam: 1hour

ALL paper 1 topic areas (Covered so Far)

- There will be 8-10 multiple choice questions.
- The paper will be made up of 2-5 mark questions on a range of topics from the above list.
- There will be graphs / data to analyse and answer questions on within the paper.
- There will be a 9 mark question to complete.
- *Remember – in the 9 mark questions, you are being assessed **on your knowledge, your application to examples and you evaluative / discussions on the question.***

Specific PE Tips

- Answer ALL questions
- Underline Key words in Q's
- Identify how many marks are awarded for each question before answering and decide how to weight your response
- SPECIFIC sporting examples i.e. SET SHOT in basketball

Support

- Teachers
- Itslearning
- Everlearner
- Instagram- [kjs_gcsepe](#)

Hard work beats talent when talent doesn't work hard



TOPIC	WHAT YOU NEED TO KNOW.....	DATE
Health & Fitness	The 4 definitions <i>(Health, Fitness, Exercise and Performance)</i>	W/C 14th March
Components of fitness	What are the 5 components <i>(Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition)</i> The 5 definitions Examples relating to sports	W/C 21st March
Skill Related Fitness	What are the 6 components <i>(Balance, Co-ordination, Reaction Time, Agility, Power, Speed)</i> The 6 definitions Examples relating to sports	W/C 28th March
Fitness Tests	How to test the different components of fitness – protocol and what they test <i>(cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach)</i> The use and interpretation of different fitness tests and looking at data. Data collection (Qualitative / Quantitative)	W/C 4th April
Principles of Training	The Principles of training <i>(Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training)</i> The definitions of each one How each principle can be related to fitness / used in a PEP Impact on performance	WC 25th April
Methods of Training	The 6 Methods of Training <i>(Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics)</i> Definitions and examples of each method What sport might use what method What components of fitness each method uses Advantages & disadvantages	WC 18th April
Heart Rates & Training Thresholds	The 5 key heart rate definitions <i>(Heart rate, resting, working, recovery and maximum)</i> How each heart rate can demonstrate fitness and when it is recorded within a session What training thresholds are and why they are important Anaerobic / aerobic target zones and how to calculate them	WC 25th April
Prevention of Injury & optimising training	PARQ How to prevent injuries – the 5 different ways. Types of injuries and how to treat them <i>(concussion, fractures, dislocation, sprains, torn cartilage, strain, tennis / golfers elbow, abrasions)</i> RICE	WC 2nd May
Warm up & Cool down	Importance of a warm up and cool down – link to body systems. The different phases of a warm up and cool down	WC 2nd May
Performance Enhancing Drugs	Reasons why athletes take drugs The 7 different performance enhancing drugs <i>(Growth hormones, beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo)</i> Effects of each drug and why they would be taken – examples of sports Side effects of each drug Positive and negative	WC 2nd May

<p>Musculo-skeletal System</p>	<p>What is the musculo-skeletal system</p> <p>Muscle types (<i>Voluntary, involuntary, cardiac</i>)</p> <p>The 12 key muscles and where they are on the body (<i>biceps, triceps, pectoralis major, quadriceps, hamstrings, gastrocnemius, external obliques, hip flexors, tibialis anterior, deltoid, latissimus dorsi, gluteals</i>)</p> <p>What the 12 muscles do (e.g. the biceps flex the arm at the elbow) and relate specifically to sport</p> <p>Antagonistic pairs</p> <p>Muscle fibres/ Tendons</p> <p>Effects of exercise – short term & long term. Isotonic and Isometric contractions</p> <p>The 5 functions of the skeletal system</p> <p>Classification of bones (<i>Long, short, flat & irregular</i>)</p> <p>Structure of the skeletal system – names of bones and their location – and what type of bone they are.</p> <p>The vertebral column</p> <p>Ligaments</p> <p>Joints (<i>Pivot, hinge, ball & socket, condyloid</i>)</p> <p>Joints and movement (<i>Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion</i>)</p> <p>Sporting examples related to each movement</p> <p>Effects of exercise on the skeletal system – short term and long term.</p> <p>How the musculo-skeletal system works together to allow participation in sport.</p>	<p>Currently being taught within lesson</p>
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