



YEAR 11 GCSE PE REVISION- Mock Exam

KJS PE Department would like you to revise different PE topic areas each week, leading up to your PE mock exam.

Examples of Revision Techniques: Mind maps, flash cards, notes, spider diagrams, past papers, Everlearner, Seneca, revision guides and workbooks. ***Reinforcing your memory – get someone to test you.***

The Mock Exam: 1 hour 45 minutes

The exam will be on the following paper 1 topic areas. *(The weekly schedule states what aspects of each topic)*

- 1) Health, Fitness, Exercise & performance
- 2) Components of fitness
- 3) Fitness Testing
- 4) Principles of Training
- 5) Methods of Training
- 6) Drugs
- 7) Long term effects of exercise
- 8) Musculo-Skeletal system
- 9) Cardio-Respiratory system
- 10) Levers
- 11) Planes & Axes

There will also be the following paper 2 topics on the exam:

- 1) Health & Fitness
 - a. Reasons & Benefits
 - b. Lifestyle choices
 - c. Diet & weight

The exam will be made up of:

The exam will consist of multiple choice, short-answer, long-answer and one extended writing question. Use of data is embedded throughout the paper where appropriate.

Section A Questions are focused on Applied anatomy & physiology plus Movement Analysis

Section B Questions are focused on Physical Training

Section C One 9 mark question linked to Physical Training

Additional Section D Questions focused on Health & Fitness

Specific PE Tips

- Answer ALL questions
- Underline key words in the questions. Read all parts of the questions carefully.
- Identify how many marks are awarded for each question before answering and decide how to weight your response. Make sure you give enough points.
- SPECIFIC sporting examples i.e. SET SHOT in basketball



TOPIC	WHAT YOU NEED TO KNOW.....	DATE
Health & Fitness	The 4 definitions & how they link together (Health, Fitness, Exercise and Performance)	Week Beginning 13 th October
Components of fitness	What are the 11 components & definitions Examples relating to sports (Cardiovascular Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Balance, Co-ordination, Reaction Time, Agility, Power, Speed)	
Fitness Tests	How to test the different components of fitness – protocol and what they test (cooper run, Harvard step test, hand grip, press up, sit up, 30m sprint, vertical jump, sit & reach) The use and interpretation of different fitness tests and looking at data.	
Principles of Training	The Principles of training (Individual needs, Specificity, Progressive Overload, FITT, Rest & Recovery, Reversibility, over training) Impact on performance	Week Beginning 20 th October
Methods of Training	The 6 Methods of Training – definitions & examples (Circuit, Interval, Fartlek, Continuous, Weight, Plyometrics) What components of fitness each method uses Advantages & disadvantages	
Performance Enhancing Drugs	The 7 different performance enhancing drugs (Growth hormones, beta blockers, anabolic steroids, narcotics / analgesics, diuretics, stimulants, peptide hormones / epo) Advantages & Disadvantages	
Musculo-skeletal System	Muscle types (Voluntary, involuntary, cardiac) The 12 key muscles and their movements. (e.g. the biceps flex the arm at the elbow) (biceps, triceps, pectoralis major, quadriceps, hamstrings, gastrocnemius, external obliques, hip flexors, tibialis anterior, deltoid, latissimus dorsi, gluteals) Antagonistic pairs Muscle fibres Tendons	Week Beginning 27 th October (half term)
	The functions of the skeletal system The Joints (Pivot, hinge, ball & socket, condyloid) Joints and movement (Flexion, Extension, Adduction, Abduction, Rotation, plantar flexion, dorsi flexion) Ligaments	

Cardio-Respiratory System	The components and the function of the cardiovascular system. The heart – its structure and different parts Blood flow and blood distribution (<i>Vascular shunting</i>) Function of blood (<i>Blood cells, platelets & plasma</i>) Cardiac Output and Stroke Volume	Week Beginning 3 rd November
	Gaseous exchange and the alveoli Tidal Volume and Vital Capacity Effects of smoking on the respiratory system	
Effects of Exercise	Long term effects of exercise (<i>after 6 weeks regular exercise</i>) on all the body systems	Week beginning 10 th November
Levers	What makes up a lever 1 st , 2 nd and 3 rd class levers and the specific example for each Mechanical advantages & disadvantages	
Planes & Axes	The 3 different planes and examples of sporting movements. The 3 different axis and examples of sporting movements Cartwheels, somersaults & twist jumps for example How the planes & axis link together	
PAPER 2		
Reasons & Benefits	Physical, Emotional & Social Health Benefits of taking part in Physical Activity (Physical, Emotional & Social) Lifestyle choices & their impact on health & well-being Sedentary Lifestyle Postiive & negative impact of physical activity	Week Beginning 17 th November (<i>Mocks have begun</i>)
Diet, Energy & Weight	Optimum weight Macronutirents Protein Intake	