



Y11 Mock Assessment Checklist

Subject: OCR GCSE PE

Duration: Paper 1 (60 minutes) and Paper 2 (60 minutes) - 60 marks per paper

What to Revise	
Paper 1 Topics	Components of Fitness • Definitions • Application to practical examples • Impact on performance • Fitness tests Principles of Training • Definitions (SPOR and FITT) • Application to training programmes Training Methods • Links to components of fitness • Definitions (CHIP WFC) • Examples Minimising Risk • Strategies to minimise risk of injury (PE Can Cause Wounds) • Examples Risks and Hazards • Identify hazards in sports settings Warm up and Cool down • Key components • Physical benefits • Consequences of not doing Skeletal System and Joints • Location of major bones • Functions of the skeleton • Definition of synovial joints • Different types of synovial joints • Types of movement • Components of a joint

	Muscular System • Location of major muscles • Antagonistic muscle pairs Levers • 3 lever systems with examples • Definition of mechanical advantage Planes and Axes • Location of planes and sporting examples • Location of axes and sporting examples Cardiovascular System • Double-circulatory system • Structure and function of blood vessels • Key structures of the heart • Pathway of blood • Definitions of cardiac values • Role of red blood cells Respiratory System • Pathway of air • Mechanics of breathing • Definitions of respiratory volumes • Gaseous exchange
Paper 2 Topics	Goal Setting • Reasons why people use goal setting • SMART principle • Examples Sports Participation • Factors affecting participation rates Trends • Current trends in different social groups • Current trends in different activities Agencies and Initiatives • Strategies to increase participation • Promotion, provision and access Commercialisation • Types of media • Influence of media on sport • Definition of commercialisation • The golden triangle • Positive and negative effect of media and commercialisation

	Mental Preparation • Definitions of mental preparation techniques • Examples Guidance • Definitions of the 4 types • Advantages and disadvantages of each • Examples Feedback • Definitions of the 6 types • Examples Skilled Performance • Definitions of motor skills • Characteristics and examples Skill Classification • Environmental continuum • Difficulty continuum • Examples and justifications
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How to Revise	
	• Booklets – from class work • The Everlearner – video tutorials, check point tests and quizzes • GCSE Pod – videos and quizzes • Knowledge organisers/ previous 5 a day questions – in self-quizzing book • BBC bitesize – https://tinyurl.com/mvt93sfu • Quizlet cards – Paper 1 (https://tinyurl.com/2mmbujxf) and Paper 2 (https://tinyurl.com/42cs9bs8) • Past exam papers (J587) – https://tinyurl.com/4tdh6r8d • Create sorting tasks/ matching tasks e.g. components of fitness and their definitions or matching up Planes and Axes of movement.