

Y11 Mock Assessment Checklist – 2024

Subject: OCR GCSE PE

Duration: 90 minute equal split between Paper 1 and Paper 2 topics (45 marks each)

What to Revise	
Paper 1 Topics	<p>Components of Fitness</p> <ul style="list-style-type: none"> • Definitions • Application to practical examples • Fitness tests <p>Principles of Training</p> <ul style="list-style-type: none"> • Definitions (SPOR and FITT) • Application to training programmes <p>Training Methods</p> <ul style="list-style-type: none"> • Definitions (CHIP WFC) • Examples <p>Minimising Risk</p> <ul style="list-style-type: none"> • Strategies to minimise risk of injury (PE Can Cause Wounds) • Examples <p>Risks and Hazards</p> <ul style="list-style-type: none"> • Identify hazards in sports settings <p>Warm up and Cool down</p> <ul style="list-style-type: none"> • Key components • Physical benefits <p>Skeletal System and Joints</p> <ul style="list-style-type: none"> • Location of major bones • Functions of the skeleton • Definition of synovial joints • Different types of synovial joints • Types of movement • Components of a joint <p>Muscular System</p> <ul style="list-style-type: none"> • Location of major muscles • Antagonistic muscle pairs <p>Levers</p> <ul style="list-style-type: none"> • 3 lever systems with examples

	<ul style="list-style-type: none"> • Definition of mechanical advantage <p>Planes and Axes</p> <ul style="list-style-type: none"> • Location of planes and sporting examples • Location of axes and sporting examples <p>Cardiovascular System</p> <ul style="list-style-type: none"> • 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 <p>Respiratory System</p> <ul style="list-style-type: none"> • Pathway of air • Mechanics of breathing • Definitions of respiratory volumes • Gaseous exchange
Paper 2 Topics	<p>Goal Setting</p> <ul style="list-style-type: none"> • Reasons why people use goal setting • SMART principle • Examples <p>Sports Participation</p> <ul style="list-style-type: none"> • Factors affecting participation rates <p>Trends</p> <ul style="list-style-type: none"> • Current trends in different social groups • Current trends in different activities <p>Agencies and Initiatives</p> <ul style="list-style-type: none"> • Strategies to increase participation • Promotion, provision and access <p>Commercialisation</p> <ul style="list-style-type: none"> • Types of media • Influence of media on sport • Definition of commercialisation • The golden triangle • Positive and negative effect of media and commercialisation <p>Mental Preparation</p> <ul style="list-style-type: none"> • Definitions of mental preparation techniques

	<ul style="list-style-type: none"> • Examples <p>Guidance</p> <ul style="list-style-type: none"> • Definitions of the 4 types • Advantages and disadvantages of each • Examples <p>Feedback</p> <ul style="list-style-type: none"> • Definitions of the 6 types • Examples <p>Skilled Performance</p> <ul style="list-style-type: none"> • Definitions of motor skills • Characteristics and examples <p>Skill Classification</p> <ul style="list-style-type: none"> • Environmental continuum • Difficulty continuum • Examples and justifications
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<h3>How to Revise</h3>
<ul style="list-style-type: none"> • Booklets – from class work • The Everlearner – videos and quizzes • GCSE Pod – videos and quizzes • Knowledge organisers – 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