



Subject		Physical Education		
Title/Topic		Format	Length	WC
Paper 1 – Body systems		78 marks: multiple choice, short answer and longer answer questions.	1 hour 15 minutes	Tue 22 November Morning
Paper 2 – Socio-cultural factors		78 marks: multiple choice, short answer and longer answer questions.	1 hour 15 minutes	Thu 1 December Morning
Working towards the assessment of three activities for the Non Exam Assessment, based on activities covered so far in lessons.		One individual, one team and one individual <i>or</i> team activity. A score out of 10 for core skills and a score out of 15 for the application of those skills in the full context of the activity (e.g. 11-a-side football, 7-a-side netball).	In lessons	On-going

### My Advent assessment will test my knowledge on...

#### Paper 1

Applied anatomy and physiology – musculoskeletal system, cardiorespiratory system, aerobic and anaerobic respiration, the effects of exercise

Movement analysis – levers, planes and axes of movement

Physical training – components of fitness, training principles, types of training, how to optimise training

#### Paper 2

Health and well-being, the consequences of a sedentary lifestyle, obesity, somatotypes, diet, nutrition, water balance

Sport psychology – skill classification, goal setting, basic information processing, guidance and feedback, mental preparation for performance



### **What should I do to revise and prepare for this assessment?**

To prepare for this assessment:

1. Use the work booklets and your exercise book to revise
2. Use the knowledge organiser assessments to learn key knowledge
3. Use past paper exam questions and mark schemes to familiarise yourself with what examiners are looking for in your answers

### **What useful websites/resources could I use to help me prepare?**

GCSE Pod