



Subject		GCSE PE	
Title/Topic	Format	Length	WC
Paper 1 – Musculoskeletal system	40 marks: multiple choice, short answer and longer answer questions.	40 minutes	28 November
Paper 2 – Health, well-being, diet and nutrition	40 marks: multiple choice, short answer and longer answer questions.	40 minutes	14 November
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-side football, 7-side netball).	In lessons	On-going

My Advent assessment will test my knowledge on...

Paper 1

The musculoskeletal system; articulating bones, types of bones, joints in the body, functions of the skeleton, synovial joints, antagonistic pairs of muscles, muscular contractions, joint actions

Paper 2

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



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?

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