Year 11– Lent Mock Examinations 2023

Subject	Physical Education

Title/Topic	Format	Length	Date & Time
Paper 1 – The human body and movement	Multiple-choice, short answers and 1 x 9 mark question (45 marks)	45 minutes	Tue 7 March Period 5
Paper 2 – Socio-cultural influences and well-being	Multiple-choice, short answers and 1 x 9 mark question (45 marks)	45 minutes	Thu 9 March Period 4
Paper 3 – mix of Paper 1 and Paper 2 topics (The human body and movement & Socio-cultural influences and well-being)	Multiple-choice, short answers and 2 x 6 mark questions (30 marks)	30 minutes	Mon 13 March Period 3

This assessment will test my knowledge on…

Paper 1

Applied anatomy and physiology – The human body and movement in physical activity and sport.

- Bones and the functions of the skeleton. (Names, Functions, Types of bone, Joints, Movement)
- Structure of the skeletal system/functions of the skeleton.
- Muscles of the body. (Names, Types, Contractions, Movement)
- Structure of a synovial joint.(What joints do, how they work, Burse, synovial fluid, membrane)
- Types of freely moveable joints that allow different movements. (Names and how they can move)
- How joints differ in design to allow certain types of movement.
- How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.

Movement analysis – The human body and movement in physical activity and sport

- First, second and third class levers. (Know and draw each lever and a sport it relates to)
- Mechanical advantage. (Calculations)
- Analysis of basic movements in sporting examples. (Flexion, Extension, adduction, abduction, plantar flexion, Dorsiflexion, Rotation)
- Planes and axes. – Examples / what each one is

Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.

- The pathway of air and gaseous exchange. (O2, Co2 in the alveoli)
- Blood vessels.(Veins, Arteries and capillaries)
- Structure of the heart and the cardiac cycle (pathway of blood).
- Cardiac output and stroke volume (including the effects of exercise).
- Mechanics of breathing and interpretation of a spirometer trace.

- Aerobic and anaerobic exercise.
- Recovery/EPOC.
- The short and long term effects of exercise.

Physical training – The human body and movement in physical activity and sport.

- Health and fitness recap, including the relationship between health and fitness.
- The components of fitness.(Speed, Strength, Power, Stamina, CVE, Muscular Endurance, Flexibility, Timing, Coordination, agility, balance, Reaction time)
- Linking sports and activities to the required components of fitness.
- Reasons for and limitations of fitness testing. (what makes testing fair and what limits it)
- Measuring the components of fitness and demonstrating how data is collected. (Different measurements – Poor, fair, good, excellent)
- The principles of training and overload. (SPORT FITT)
- Applications of the principles of training.
- Types of training- including an introduction to the analysis and evaluation task.(Fartlek, Weight, Circuit, Continous, Interval, Plyometric, Altitude)
- Types of training (continued) with reference to the advantages and disadvantages of using these types for different sports.
- Calculating intensity.
- Considerations to prevent injury.
- High altitude training and seasonal aspects.
- Warming up and cooling down.

Paper 2

Health, fitness and well-being – Socio-cultural influences and well-being in physical activity and sport.

- The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being.
- The consequences of a sedentary lifestyle – What are the side effects (Lethargy, Weight Gain, Illness, Diabetes, Risk of H.Attack / stroke)
- Obesity and how it may affect performance in physical activity and sport.(Definition, what causes it, Impact)
- Somatotypes. (3 Somatotypes, characteristics and examples)
- Energy use.(Weight gain, loss and maintenance, Sports people using more)
- Reasons for having a balanced diet and the role of nutrients (Importance, % of each, benefits of each, what they provide and foods)

- The role of carbohydrates, fat, protein, vitamins and minerals. (Importance, % of each, benefits of each, what they provide and foods)
- Reasons for maintaining water balance (hydration) and further applications of the topic area.

Sports psychology – Socio-cultural influences and well-being in physical activity and sport.

- Skill and ability, including classification of skill. (Basic, Complex, Open and closed)
- Definitions and types of goals. (Personal, Outcome)
- The use and evaluation of setting performance and outcome goals, including the use of SMART targets to improve/optimise performance.
- Basic information processing.(Inverted U Theory)

Sports psychology – Socio-cultural influences and well-being in physical activity and sport.

- Examples of and evaluation of the types of feedback and guidance.
- Arousal and the Inverted U theory.
- Application of how optimal arousal has to vary in relation to the skill/stress management techniques.
- Aggression and personality.
- Intrinsic and extrinsic motivation, including evaluation of their merits.

Socio-cultural influences – Paper 2: Socio-cultural influences and well-being in physical activity and sport

- Engagement patterns and the factors affecting them.
- Commercialisation, sponsorship and the media.
- Positive and negative impacts of sponsorship and the media.
- Positive and negative impacts of technology.
- Conduct of performers and introduction to drugs.
- Sporting examples of drug taking.
- Advantages/disadvantages to the performer/the sport of taking PED's.
- Spectator behaviour and hooliganism, including strategies to combat hooliganism.

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

To prepare for this assessment:

1. Use your work booklets to support your revision.
2. Use PowerPoints to aid your revision.
3. Revise key topics using your AQA approved revision guide (purple revision guide)

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

1. Use the PowerPoints sent out by class teachers to support your notes.
2. Knowledge organisers can be used to revise key terms.
3. Use your purple revision guide to support your revision.