



Subject	Physical Education		
Title/Topic	Format	Length	Date
Paper 1 –	Multiple choice, short answer and long answer questions; total 105 marks	2 hours	Fri 2 September 9.00am

In this assessment the topics I will be assessed on are...

Section A

Diet
Lung volumes
Muscle fibre types
Types of training and benefits to an individual
Effects of smoking
Stress management (Synoptic link to section B)
Injury prevention
Warm ups

Section B

Skill classification
Feedback
Stages of learning
Types of reinforcement
Insight theory of learning
Arousal
Social facilitation
Aggression (strategies to control)

Section C

Professionalism and Amateurism
British empire
Social action theory
Benefits of participation
Technology (GPS)
The impact of the Industrial revolution



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

To prepare for this assessment:

1. Use the work booklets to revise key content,
2. Use past paper questions and mark schemes to check your responses to questions.

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

The Everlearner provides a number of video tutorials to aid revision. These can be used in preparation for the Return to School assessments and throughout year 13:

<https://bit.ly/39C8P0x>