



Subject		Physical Education	
Title/Topic	Format	Length	Week Commencing
Paper 1 – anatomy, physiology and biomechanics	Multiple choice, short answer, longer answer questions (out of 50)	45 minutes	Thu 15 June, period 2
Paper 2 – health, diet, sport psychology	Multiple choice, short answer, longer answer questions (out of 50)	45 minutes	Fri 16 June, period 5
Paper 3 – practical performance	The assessment of core skills and their application in a full context in three activities (out 75)	On-going	

This assessment will test my knowledge on...

- Bones, the functions of the skeleton, synovial joints
- Muscles of the body and antagonistic pairs
- Movement analysis – joint actions (*flexion, extension, abduction, adduction, rotation, circumduction*)
- Levers, planes and axes of movement
- The cardio-respiratory system – the pathway of air and gaseous exchange, blood vessels, the structure of the heart and the pathway of blood, cardiac output, mechanics of breathing, spirometer traces
- Anaerobic and aerobic exercise, recovery and EPOC
- Immediate, short-term and long-term effects of exercise
- Components of fitness, linking them to sports
- Fitness testing – how to conduct them
- Principles of training – SPORT FITT
- Types of training – advantages and disadvantages
- Physical, mental and social health and well-being
- The consequences of a sedentary lifestyle
- Obesity
- Energy use, diet and nutrition
- Skill classification (e.g. open/closed, gross/fine, self-paced/externally-paced, basic/complex)
- Information processing (input, decision-making, output, feedback)
- Guidance (visual, verbal, manual, mechanical)
- Feedback (positive/negative, extrinsic/intrinsic, knowledge of results/knowledge of performance)
- Arousal in sport - inverted U theory and strategies to control arousal (deep breathing, imagery/visualisation/mental rehearsal, positive self-talk)
- Personality – introverts and extroverts and the sports they would be more suitable for



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

To prepare for this assessment:

1. Review the work completed in your work booklets for Paper 1 and Paper 2.
2. Review the knowledge organiser tests in your workbook and self-test yourself to address any areas of weakness.
3. Work through the exam questions provided. Look over notes made in lessons.
4. Ensure that video footage of performance in sports outside of school are submitted to Mr Connor.

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

GCSE POD
The Everlearner