



Subject	Physical Education	
Title/Topic	Format	Length
Paper 1	Multiple choice, short answer and long answer questions	1 hour 15 minutes
Paper 2	Multiple choice, short answer and long answer questions	1 hour 15 minutes

In this mock exam I will be asked to show I can...

Paper 1

Musculoskeletal system
 Cardiorespiratory system
 Aerobic and anaerobic exercise and the effects of exercise
 Components of fitness
 Fitness testing
 Principles of training
 Types of training
 How to optimise training through warming up, cooling down, preventing injury, seasonal aspects, altitude training
 Levers
 Planes and Axis

Paper 2

Physical, mental and social health and well-being
 Nutrition and diet
 The consequences of a sedentary lifestyle
 Somatotypes
 Skill classification
 Goal-setting (SMART)
 Basic information processing
 Guidance and feedback
 Arousal and stress management
 Aggression and motivation
 Engagement patterns and the factors affecting them
 Commercialisation, sponsorship and the media
 Positive and negatives of sponsorship and the media



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

Use the work booklets, knowledge organisers and GCSE Pod to revise topics.

Use past paper exam questions and mark schemes to familiarise yourself with expected answers from the examining body.

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

All booklets from previous lessons should be reviewed.

AQA revision book (purple or green revision guide)