

PE

SUMMARY OF MOCK EXAM	
Paper 1 - Physiological Factors affecting performance	
1 hour 15 minutes	
75 marks	
Content assessed	
<ul style="list-style-type: none">• Factors affecting horizontal distance• EPOC/Recovery/Muscle Contractions/Analysing Movement• Control of Angular Velocity• Ergogenic Aids: EPO/HGH• Energy Systems• Muscle Fibres• Altitude• Cardiovascular Drift• Bernoulli's Principal• Intrinsic Control• HIIT Training• Motor Units• Dissociation Curve• Aerobic Adaptations	
Paper 2/3 - Section 1 - Psychological factors affecting performance, Section 2 Socio-cultural issues	
1 hour 15 minutes	
75 marks	
Paper 2 is a combination of paper 2 and paper 3 content.	
Content Assessed	
For paper 2 content students should focus on revising the following: <ul style="list-style-type: none">• Stages of learning• Classification of skills• Practice methods• Transfer of skills• Memory• Theories of learning• Guidance and Feedback• Personality• Aggression• Arousal and Anxiety• Stress Management• Social Facilitation• Attitudes• Group Dynamics	
For paper 3 content students should focus on revising the following: <ul style="list-style-type: none">• Pre-industrial Britain• Post-industrial Britain• 19th Century Public Schools• 20th Century social factors• 21st Century social factors• Commercialisation and freedom of movement• Modern Olympic Games and hosting sporting events• Routes to Sporting Excellence	

Other Information

We advise you to make good use of your time between now and the mock examination and, where necessary, ask your teacher for help.

Please ensure that you review your class notes on each of the topic areas listed thoroughly and that you make use of additional resources, e.g. the revision material uploaded onto TEAMS.

We will be using some lesson time and study sessions to help you prepare, for example, looking at past paper questions and discuss the skills required in answering such questions. You will also have time to practise answering questions in class

If you have any questions that you would like help with please do not hesitate to email us at:

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