

GCSE PE Edexcel

Year 11 Mock Exam Information

Exam specification and exam board	GCSE PE Edexcel Specification
Past papers available at	GCSE PE Edexcel - Past Papers & Exam Materials
Useful revision websites	https://www.bbc.co.uk/bitesize/examspecs/zxbg39q https://my.educake.co.uk/student-login
<u>MOCK EXAM INFORMATION</u>	Paper 2 – Health and Performance 75 Minutes 60 marks 24% of the qualification
Topics covered in mock	<u>Paper 2 – Health and Performance, 75 minutes</u> 1) Health, Fitness and Well-being • Physical, emotional and social health • Sedentary lifestyles • Diet and nutrition • Energy balance • Macronutrients and micronutrients • Optimum weight • Consequences of poor lifestyle choices 2) Sport Psychology • Classification of skills • Types and methods of practice • Goal setting • Guidance • Feedback • Mental preparation and rehearsal 3) Socio-cultural Influences • Participation in sport

	• Barriers to participation • Effects of age, gender, disability, ethnicity and socio-economic status • Commercialisation • Media and sport • Sportsmanship and gamesmanship 4) Use of Data • Interpretation of data linked to health and performance
Recommended revision strategies	- Use of red revision guide - Use of white exam practice booklet - Use of topic specific educate quizzes
Top tips for your exam	- Read each question twice. - Take note the number of marks available. - Underline the command word: Identify, describe, explain, evaluate. - Underline the topic of the question - Check if the question asks for a sporting example. Make sure this is relevant & specific. - Always think "...this means that"