

## Revision List for Year 11 Mock Assessments 26.01.2026 - 12.02.2026

This is a list of topics included in the assessments. Knowledge Organisers have been provided for every subject to aid revision. Any further information/ support can be requested from subject teachers.

<b>English Literature</b>	<p><b><u>Paper 1: Macbeth and Anthology Poetry</u></b></p> <p><b>Macbeth (no context)</b></p> <ul style="list-style-type: none"> <li>• Re-read the text and annotate focusing on analysis</li> <li>• Plot (what happens in each scene? How does this fit into the wider messages in the play?)</li> <li>• Key characters and how they change/influence or contrast to Macbeth</li> <li>• Key themes and key moments</li> <li>• Shakespeare's intent/big ideas</li> <li>• Symbolism/motifs</li> </ul> <p><b>Anthology Poetry (context)</b></p> <ul style="list-style-type: none"> <li>• Re-read each poem to understand the journey</li> <li>• Three key images per poem</li> <li>• First line/last line per poem</li> <li>• Poet's intention/big ideas including context per poet</li> <li>• Key themes</li> <li>• How do the poems compare?</li> </ul> <p><b><u>Paper 2: A Christmas Carol, An Inspector Calls and Unseen Poetry</u></b></p> <p><b>A Christmas Carol (context)</b></p> <ul style="list-style-type: none"> <li>• Re-read the text and annotate focusing on analysis</li> <li>• Plot (what happens in each stave? What does each stave/ghost symbolise?)</li> </ul>
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	<ul style="list-style-type: none"> <li>• Key characters and how they influence Scrooge</li> <li>• Key themes and key moments</li> <li>• Dickens' intent/big ideas including context which illuminates meaning</li> <li>• Symbolism/motifs</li> </ul> <p><b>An Inspector Calls (no context)</b></p> <ul style="list-style-type: none"> <li>• Re-read the text and annotate focusing on analysis</li> <li>• Plot (what happens in each act? Who is interrogated in each act?)</li> <li>• Key characters and how they change</li> <li>• Key themes and key moments</li> <li>• Priestley's intent/big ideas</li> <li>• Symbolism/motifs</li> </ul> <p><b>Unseen Poetry (no context)</b></p> <ul style="list-style-type: none"> <li>• Practice annotating, planning for and writing essays for unseen poetry single analysis questions</li> <li>• Practice annotating, planning for and writing essays for unseen poetry comparison questions</li> </ul>
<p><b>English Language</b></p>	<p><b><u>Paper 1 Language: 20th Century Reading and Creative Prose – Fiction</u></b></p> <ul style="list-style-type: none"> <li>• Walking Talking Mock Component 1 Language Walking Talking Mocks are under 'English' on the KS4 resources page. <a href="https://www.moorsidehigh.co.uk/page/?title=KS4+Resources&amp;pid=71">https://www.moorsidehigh.co.uk/page/?title=KS4+Resources&amp;pid=71</a></li> </ul> <p><b><u>Paper 2 Language: 19<sup>th</sup> and 21<sup>st</sup> Century Reading and Transactional/Persuasive Writing - Non-fiction</u></b></p> <ul style="list-style-type: none"> <li>• Walking Talking Mock Component 2 Language Walking Talking Mocks are under 'English' on the KS4 resources page. <a href="https://www.moorsidehigh.co.uk/page/?title=KS4+Resources&amp;pid=71">https://www.moorsidehigh.co.uk/page/?title=KS4+Resources&amp;pid=71</a></li> </ul>

<b>Maths</b>	<p><b>Higher</b></p> <ul style="list-style-type: none"> <li>• <a href="https://corbettmaths.com/wp-content/uploads/2021/12/Edexcel-Higher-Checklist.pdf">https://corbettmaths.com/wp-content/uploads/2021/12/Edexcel-Higher-Checklist.pdf</a></li> </ul> <p><b>Foundation OCR</b></p> <ul style="list-style-type: none"> <li>• <a href="https://corbettmaths.com/wp-content/uploads/2021/12/OCR-Foundation-Checklist-1.pdf">https://corbettmaths.com/wp-content/uploads/2021/12/OCR-Foundation-Checklist-1.pdf</a></li> </ul> <p><b>Foundation Edexcel</b></p> <ul style="list-style-type: none"> <li>• <a href="https://corbettmaths.com/wp-content/uploads/2021/12/Edexcel-Foundation-Checklist.pdf">https://corbettmaths.com/wp-content/uploads/2021/12/Edexcel-Foundation-Checklist.pdf</a></li> </ul>
<b>Science</b>	<p><b>Paper 1</b></p> <p><b>Biology</b></p> <p><b>B1 – Cell Biology</b></p> <ul style="list-style-type: none"> <li>• Eukaryotic vs prokaryotic cells</li> <li>• Mitosis and the cell cycle</li> <li>• Diffusion, osmosis, active transport</li> </ul> <p><b>B2 – Organisation</b></p> <ul style="list-style-type: none"> <li>• Digestive, circulatory and respiratory systems</li> <li>• Enzymes and digestion</li> <li>• Plant tissues (xylem, phloem)</li> </ul> <p><b>B3 – Infection and Response</b></p> <ul style="list-style-type: none"> <li>• Pathogens and communicable disease</li> <li>• Human defence systems and vaccination</li> <li>• Plant diseases and monoclonal antibodies</li> </ul> <p><b>B4 – Bioenergetics</b></p> <ul style="list-style-type: none"> <li>• Photosynthesis and limiting factors</li> <li>• Aerobic and anaerobic respiration</li> <li>• Energy transfers in living organisms</li> </ul>

## **Chemistry**

### **C1 – Atomic Structure and the Periodic Table**

- Atoms, isotopes and electronic structure
- Periodic table trends
- Metals vs non-metals

### **C2 – Bonding, Structure and Properties of Matter**

- Ionic, covalent and metallic bonding
- Simple vs giant structures
- States of matter and nanoparticles

### **C3 – Quantitative Chemistry**

- Relative mass and formulae
- Moles and reacting masses
- Concentration and yield

### **C4 – Chemical Changes**

- Reactivity series of metals
- Acids, bases and salts
- Electrolysis and extraction

### **C5 – Energy Changes**

- Exothermic vs Endothermic reactions
- Reaction profiles
- Bond energy calculations

## **Physics**

### **P1 – Energy**

- Energy stores and transfers
- Efficiency and wasted energy
- Renewable and non-renewable resources

### **P2 – Electricity**

- Current, potential difference, resistance

- Series of parallel circuits
- Mains electricity and safety

**P3 – Particle Model of Matter**

- States of matter and changes
- Internal energy and temperature
- Gas pressure and volume

**P4 – Atomic Structure**

- Nuclear model of the atom
- Radioactive decay and radiation
- Nuclear fission and fusion

**Paper 2**

**Biology**

**B5 – Homeostasis and Response**

- Nervous and hormonal systems
- Blood glucose regulation
- Plant hormones and tropisms

**B6 – Inheritance, Variation and Evolution**

- Sexual and asexual reproduction
- DNA, genes and chromosomes
- Natural selection and evolution

**B7 – Ecology**

- Ecosystems and food chains
- Cycles (carbon, water)
- Human impact and biodiversity

**Chemistry**

**C6 – Rate and Extent of Chemical Change**

- Factors affecting rate
- Collision theory
- Reversible reactions and Collilibrium

#### **C7 – Organic Chemistry**

- Crude oil and hydrocarbons
- Alkanes, alkenes and reactions
- Polymers and Ethanol

#### **C8 – Chemical Analysis**

- Pure vs impure substances
- Chromatography
- Gas tests and flame tests

#### **C9 – Chemistry of the Atmosphere**

- Evolution of Earth's atmosphere
- Greenhouse gases and climate change
- Atmospheric pollutants

#### **C10 – Using Resources**

- Finite vs renewable resources
- Life cycle assessments
- Recycling and corrosion

### **Physics**

#### **P5 – Forces**

- Motion, speed and acceleration
- Mewton's laws
- Momentum and stopping distances

#### **P6 – Waves**

- Properties of waves
- EM spectrum and uses
- Reflection, refraction and defraction

	<p><b>P7 – Magnetism and Electromagnetism</b></p> <ul style="list-style-type: none"> <li>• Magnetic fields and forces</li> <li>• Electromagnetics and motors</li> <li>• Generators and transformers</li> </ul>
<p><b>Geography</b></p>	<p><b><u>Paper 1</u></b></p> <ul style="list-style-type: none"> <li>• What are natural hazards? Tectonic/ meteorological</li> <li>• Impacts of extreme weather in the UK – Cumbria floods case study</li> <li>• The greenhouse effect</li> <li>• Mitigation strategies – carbon capture, planting trees, international agreements, renewable energy.</li> <li>• Effects of tropical storms</li> <li>• Strategies to reduce the effects of tropical storms</li> <li>• Effects and responses to earthquakes (Nepal vs Italy)</li> <li>• Plant adaptations in the rainforest</li> <li>• Soils in the rainforest</li> <li>• Reasons the tropical rainforest is useful to people and the environment.</li> <li>• Causes of desertification in areas on the edge of hot deserts</li> <li>• Coastal processes - Processes of abrasion, attrition, hydraulic action, solution</li> <li>• Sand dune features – vegetation</li> <li>• Coastal erosion features – Cave, arch, stacks and stumps.</li> <li>• Hard and soft engineering on the coast – How effective are the strategies used?</li> <li>• River processes – Saltation, solution, suspension, traction</li> <li>• River erosion features – Waterfalls</li> <li>• Hard and soft engineering on rivers – what are the costs and benefits?</li> <li>• Calculating mean/median/mode/range</li> <li>• Describing patterns from graphs/ identifying data from graphs</li> <li>• Reading climate graphs</li> </ul>

- Reading and completing hydrographs

## **Paper 2**

- What is urbanisation?
- Megacities- What are they? What are the reasons they grow? What impacts does this have on cities in LICs?
- Manchester – Why is it important in the UK? How has migration affected Manchester? (national and international migration).
- What is urban sprawl and how does it affect cities?
- Opportunities in LIC cities (Lagos)
- Social and economic development indicators and their limitations
- Causes of uneven development – Why are some places LICs and some HICs?
- Population changes in rural areas - Hurstpierpoint/ Capel Dewi
- The impact of economic development on the quality of life of people.
- Shell - What impacts did it have on Nigeria?
- Wellbeing – How does this vary in different countries.
- Organic farming – What is it and how has the demand changed?
- Managing water in the UK – how is it managed?
- Factors that affect energy supply.
- How can energy be conserved in the homework and in transport?
- How can energy be sustainable?
- Measuring distance and calculating area on maps.
- Calculating percentage growth.
- Completing graphs and maps using a key.
- Calculating mean/median/mode/range

## **Paper 3**

	<ul style="list-style-type: none"> <li>• Energy consumption</li> <li>• What is energy security? How does this relate to social and economic wellbeing?</li> <li>• Renewable energy - impacts on the environment.</li> <li>• Impacts of the Morecambe Bay/Duddon Estuary tidal gateway project on the area.</li> <li>• Costs of the Morecambe Bay/ Duddon Estuary tidal gateway project.</li> <li>• Completing graphs and using data.</li> <li>• Measuring straight line distances.</li> <li>• Calculating mean, median, mode and range.</li> <li>• Graph types – picking the appropriate type of graph for a set of data.</li> <li>• Drawing a relationship from a graph.</li> <li>• Making fieldwork more reliable</li> <li>• Question types used in fieldwork.</li> <li>• Using a tally chart</li> <li>• Using a desire line map.</li> <li>• Using environmental quality surveys.</li> <li>• Primary and secondary data in fieldwork.</li> <li>• Sampling strategies and their advantages in fieldwork</li> <li>• Physical fieldwork - was It effective? Why/ why not?</li> </ul>
<p><b>History</b></p>	<p><b><u>Paper 1: Crime and Punishment</u></b></p> <ul style="list-style-type: none"> <li>• Whitechapel living conditions</li> <li>• Efforts to improve housing in Whitechapel</li> <li>• Failures of H Division to catch Jack the Ripper</li> <li>• Anglo-Saxon crime, punishment and law enforcement</li> <li>• Social changes in the Early Modern</li> <li>• Factors in the increase of Early Modern crime</li> <li>• Changing attitudes towards capital punishment in Industrial Period</li> </ul>

- Prison reform and Pentonville Prison
- Changes in the work of the police in Modern Britain
- The death penalty & Derek Bentley

### **Paper 2: Elizabethan England**

- Elizabethan society and government
- Elizabeth's early challenges
- The religious settlement
- Rivalry between England and Spain
- Factors for the increase in poverty
- Exploration and new world expansion

### **Paper 2: Superpower Relations & The Cold War**

- Early tensions – Yalta, Potsdam, Hiroshima, Telegrams
- Satellite States and Soviet expansion
- The Hungarian Uprising
- The Berlin Crisis
- Crisis in Cuba – Cuban Revolution & Missile Crisis

### **Paper 3: Weimar & Nazi Germany**

- Hyperinflation & Challenges to the Weimar Republic
- Growth in Nazi support
- Opposition from youth groups
- Changes in living standards

## Computing

### Paper 1 – Computer Systems

- Sound representation – Analogue to Digital, Sample frequency, amplitude
- Image representation – Pixels, Resolution, Colour Depth
- File sizes calculations
- Secondary Storage devices – Magnetic, Optical, Secondary Storage & Characteristics of each
- Cloud Storage Pros and Cons
- IP addresses
- DNS Servers – Converting URL to IP
- Binary and Hexadecimal Conversation
- Binary Addition
- Binary Shift
- Operating Systems – Memory Management, User Interface & Management, Multitasking, Peripheral management, Security
- Utility Software
- Encryptions
- Ethics Question – Environmental, Ethical, Cultural. 8 mark essay question.
- LAN & WAN
- Star and Mesh Topologies – Benefits and Drawbacks
- Network performance factors
- Legal Issues – Copyright, Data Protection, Computer Misuse
- Character Sets – ASCII and UniCode
- CPU Registers

### Paper 2 – Computational Thinking, algorithms and programming

- Testing data – Normal, Boundary, Erroneous
- Complete the algorithm
- Boolean Operators – AND OR NOT
- Flowcharts
- Trace tables
- Identify inputs and outputs of a program
- Identify programming constructs – Sequence (order), Selection (IF), Iteration (While, For)
- Writing code – in Python – for a given scenario
- Data types
- IDE Tools – Automatic indentation, Syntax Highlighting, etc.
- Complete a merge sort
- Insertion and Bubble sorting
- Linear and Binary Search
- Opening files
- Casting, Concatenation, Abstraction, Decomposition
- Logic Gates and Truth Tables
- SQL statements – reading and writing
- Database – records and fields
- Write a function

	<ul style="list-style-type: none"> <li>Identify the errors in code – Logic, Syntax – and correct them</li> </ul>								
<b>Graphic Design</b>	<ul style="list-style-type: none"> <li>Components of Graphic Design (CA1)</li> <li>Graphic Design Principles (CA1)</li> <li>Visual Language (CA1) - Communication / Contextual Factors/Aesthetics</li> <li>Work of graphic Designers (CA2)</li> <li>Employment Opportunities (CA2)</li> <li>Graphic Design industry (CA2)</li> <li>Design Constraints (CA3)</li> <li>Copyright Considerations (CA3)</li> <li>Contextual Factors of Graphic Design (CA3)</li> <li>Techniques (CA4)</li> <li>Planning, Development &amp; Ongoing Review (CA4)</li> <li>Digital Image Correction / Resolution / Colour Modes (CA5)</li> <li>Effective use of resources (CA5)</li> <li>Purposes and Physical &amp; Digital methods of displaying, presenting &amp; promoting work (CA6)</li> </ul>								
<b>Design &amp; Technology</b>	<ul style="list-style-type: none"> <li>Product Lifecycle / Fad products</li> <li>Market Pull &amp; Technology Push</li> <li>Composite Materials &amp; Smart Materials</li> <li>Types of motion</li> <li>Levers &amp; Gears</li> <li>Microcontrollers</li> <li>Paper &amp; Board</li> <li>Properties of Brass &amp; PVC</li> <li>Scales of Production</li> <li>Natural &amp; Synthetic fibres</li> <li>Microfibres</li> <li>Properties of Nylon</li> <li>Timbers—stock forms, discriminators, Softwoods/hardwoods, Knock Down Fittings, manufactured board</li> <li>Anthropometric</li> <li>Working drawings</li> </ul>								
<b>Construction</b>	<table border="1"> <tr> <td> <ul style="list-style-type: none"> <li>External wall finishes</li> <li>Internal floor finishes</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>Thermal insulation</li> <li>Weather resistance</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>Material testing</li> </ul> </td> </tr> <tr> <td> <ul style="list-style-type: none"> <li>Sustainable Construction Practices</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>Fire resistant materials</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>Types of construction (healthcare, residential, commercial etc)</li> </ul> </td> </tr> </table>			<ul style="list-style-type: none"> <li>External wall finishes</li> <li>Internal floor finishes</li> </ul>	<ul style="list-style-type: none"> <li>Thermal insulation</li> <li>Weather resistance</li> </ul>	<ul style="list-style-type: none"> <li>Material testing</li> </ul>	<ul style="list-style-type: none"> <li>Sustainable Construction Practices</li> </ul>	<ul style="list-style-type: none"> <li>Fire resistant materials</li> </ul>	<ul style="list-style-type: none"> <li>Types of construction (healthcare, residential, commercial etc)</li> </ul>
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	<ul style="list-style-type: none"> <li>• Drawing foundations</li> <li>• Drawing roof structures</li> <li>• Understanding types of foundation (Pad foundation)</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding engineered joists (i.e. eco joists)</li> </ul>	<ul style="list-style-type: none"> <li>• Site layout plans</li> <li>• Groundwork hazards</li> </ul>	
	<ul style="list-style-type: none"> <li>• Functions of a wall / wall opening</li> <li>• Floor structures</li> </ul>	<ul style="list-style-type: none"> <li>• Wall specifications</li> <li>• (Features of a wall, types of bricks, DPC/DPM)</li> </ul>	<ul style="list-style-type: none"> <li>• Coastal / Sea defences</li> </ul>	
<b>Hospitality &amp; Catering</b>	<ul style="list-style-type: none"> <li>• Names of small/large equipment</li> <li>• Hospitality and Catering Provision types</li> <li>• The kitchen brigade</li> <li>• Personal attributes</li> <li>• Dress code rules</li> <li>• Contract types and benefits</li> <li>• Qualifications</li> <li>• Meeting the needs of a customer</li> <li>• Special dietary requirements</li> <li>• Symptoms (Allergies, intolerances and food poisoning)</li> <li>• Advertising</li> <li>• HACCP documents</li> <li>• EHO Role and responsibilities</li> <li>• Risk Assessments</li> <li>• Inclusivity/Accessibility</li> </ul>			
<b>Spanish</b>	<b>My Personal World: free time, family and friends</b> <ul style="list-style-type: none"> <li>• <a href="https://quizlet.com/gb/1081131093/2026-edexcel-gcse-spanish-my-personal-world-flash-cards/?i=5pg2vk&amp;x=1jqt">https://quizlet.com/gb/1081131093/2026-edexcel-gcse-spanish-my-personal-world-flash-cards/?i=5pg2vk&amp;x=1jqt</a></li> </ul>			

**Media and Technology: what you do with technology, who you follow, problems with technology**

- <https://quizlet.com/gb/1081128536/2026-edexcel-gcse-spanish-media-technology-flash-cards/?i=5pg2vk&x=1jqt>

**Lifestyle and Wellbeing: diet, exercise, health and illness**

- <https://quizlet.com/gb/1081128583/2026-edexcel-gcse-spanish-lifestyle-wellbeing-flash-cards/?i=5pg2vk&x=1jqt>

**Studying and my Future: school, future studies, work**

- <https://quizlet.com/gb/1081128514/2026-edexcel-gcse-spanish-studying-my-future-flash-cards/?i=5pg2vk&x=1jqt>

**My Neighbourhood: town, social and global issues**

- <https://quizlet.com/gb/1081128559/2026-edexcel-gcse-spanish-my-neighbourhood-flash-cards/?i=5pg2vk&x=1jqt>

**Travel and Tourism: holidays past, present and future, travel, accommodation, issues with tourism**

<https://quizlet.com/gb/1081128465/2026-edexcel-gcse-spanish-travel-tourism-flash-cards/?i=5pg2vk&x=1jqt>

	<p><b>Full vocabulary list published by Pearson Edexcel</b></p> <ul style="list-style-type: none"> <li>• <a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Spanish/2024/teaching-and-learning-materials/pearson-edexcel-spanish-gcse-vocabulary-list.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Spanish/2024/teaching-and-learning-materials/pearson-edexcel-spanish-gcse-vocabulary-list.pdf</a></li> </ul>
<p><b>Health &amp; Social Care</b></p>	<ul style="list-style-type: none"> <li>• Physical Factors</li> <li>• Cultural Factors</li> <li>• Lifestyle Factors</li> <li>• Diet &amp; Exercise</li> <li>• Gender roles</li> <li>• Relationship changes</li> <li>• BMI Classifications</li> <li>• Effects of low blood pressure</li> <li>• Person-centred care</li> <li>• Needs, wishes and circumstances</li> <li>• Actions to improve Health &amp; Wellbeing</li> <li>• Types of support</li> <li>• Barriers &amp; Obstacles</li> </ul>
<p><b>Classics</b></p>	<p><b><u>Paper 2 Homeric World</u></b></p> <p><b>Section A: Culture What do Mycenaean sites and the objects found in them teach us about Mycenaean?</b></p> <ul style="list-style-type: none"> <li>• 2.1 Key Sites</li> <li>• 2.2 Mycenaean Daily Life</li> <li>• 2.3 Decorative Arts</li> <li>• 2.4 Tombs, graves and burial</li> </ul>

	<p><b>Section B: The Odyssey</b></p> <ul style="list-style-type: none"> <li>• 2.5 Composition of the Odyssey</li> <li>• 2.6 Key themes in the Odyssey</li> <li>• 2.7 Odysseus' character development</li> <li>• 2.8 Key Characters</li> </ul>
<p><b>GCSE PE</b></p>	<p><b><u>Revision list GCSE PE Paper 1</u></b></p> <p><b>The Structure and Function of the Skeletal System</b></p> <ul style="list-style-type: none"> <li>• Know the location of bones and type of bones</li> <li>• Describe the functions of the skeleton</li> <li>• Know the definition of synovial joints, giving examples</li> <li>• Describe the types of movement available at synovial joints</li> <li>• Know the role of ligaments, tendons and cartilage</li> </ul> <p><b>The Structure and Function of the Muscular System</b></p> <ul style="list-style-type: none"> <li>• Know the location of muscles</li> <li>• Know the antagonistic muscle pairs in the body</li> <li>• Describe the role and muscle actions in a variety of sporting examples</li> </ul> <p><b>Movement Analysis</b></p> <ul style="list-style-type: none"> <li>• Know the three classes of lever</li> <li>• Know the definition of mechanical advantage</li> <li>• Know the location of the planes of movement and apply them to sport</li> <li>• Know the location of the axis of movement and apply them to sport</li> </ul> <p><b>The Cardiovascular and Respiratory Systems</b></p> <ul style="list-style-type: none"> <li>• Know the circulatory system</li> <li>• Know the different blood vessels</li> </ul>

- Understand the pathway of blood through the heart
- Know the definitions of heart rate, stroke volume and cardiac output
- Know the role of the red blood cells
- Understand the pathway of air through the respiratory system
- Know the role of respiratory muscles
- Know the definitions of breathing rate, tidal volume and minute ventilation
- Understand about the alveoli as the site of gaseous exchange
- Know definitions of aerobic and anaerobic exercise
- Be able to apply practical examples of aerobic and anaerobic activities

#### **The effects of exercise on body systems**

- Understand the short- and long-term effects of exercise on the bodies systems
- Be able to collect data relating to short- and long-term effects

#### **Components of Fitness**

- Know the components of fitness
- Know suitable tests for each component of fitness
- Be able to give practical examples of when each component is important

#### **Applying the Principles of Training**

- Know the definitions for the principles of training
- Know the elements of the FITT principle
- Know the types of training
- Understand the key components of a warmup and know the benefits of completing one
- Understand the components and benefits of a cool down
- Understand the long-term effects of exercise

### **Preventing injury in physical activity and training**

- Understand how the risk of injury can be minimised
- Know the potential hazards in physical activity and sports settings
- Performance enhancing drugs – names and effects

### **Revision list GCSE PE Paper 2**

#### **Health, Fitness & Wellbeing**

- **Physical, Emotional & Social Health:** Benefits of activity, consequences of inactivity (obesity, CHD, Type 2 Diabetes, osteoporosis).
- **Diet & Nutrition:** Macronutrients (carbs, fats, proteins), micronutrients, water, energy balance, weight management.
- **Sedentary Lifestyle:** Causes (work, school) and impacts on health.

#### **Sport Psychology**

- **Skill Classification:** Simple/complex, open/closed continua; APE FC (Aesthetic, Pre-determined, Coordinated, Fluent, Efficient).
- **Goal Setting:** Types (SMART) and benefits for performance/motivation.
- **Motivation & Arousal:** Theories (Inverted-U, Catastrophe) and effects on performance.
- **Concentration & Attention:** Focus and handling distractions.

#### **Socio-Cultural Influences**

- **Participation:** Factors affecting it (age, gender, disability, cost, etc.) and strategies to improve it (Sport England, NGBs).
- **Commercialisation:** Media, sponsorship, the Golden Triangle (media, sport, business). How they affect each other.
- **Ethics:** Sportsmanship vs. Gamesmanship, violence in sport, drugs (steroids, beta-blockers, stimulants, diuretics).

## Sport Studies

### TA1

**User groups in sport** – Who takes part in sport

**Barriers to participation** – What prevents people from taking part

**Solutions**- How we can help people take part in physical activity

**Factors affecting the popularity of a sport** – MRS PEAPS

**Emerging sports** – What sports are emerging

### TA2

**Sporting values** – INFECTT

**Olympic Creed** – What the Olympic creed is and what it stands for

**Olympic and Paralympic Values** – ERF DICE

**Drugs in sport** – Athletes who have been caught using them. Why do athletes use them? What happens if they get caught?

**WADA**- The role of WADA and how they test for drugs

### TA3

**Features of a major sporting event**

**Positives and Negatives of hosting a major sporting event** - before the event / during the event

**Long term effects of hosting** – Legacy left behind

### TA4

**What is a National Governing Body (NGB)**

**How do NGBS** – Fund the sport, promote participation, develop the sport, organise tournaments, amend existing rules, ensure safety and support the sport.

### TA5

**Role of technology in sport** – Enhance performance, enhance spectatorship, increase safety for participants and increase fair play and officiating

**Positives and negatives of performance** – cost of technology, lower risk of injury, enhanced performance, unequal access, accurate decisions, changes the nature of the sport.

	<p><b>Positives and negatives of technology on spectators</b> – Increased understanding of the game, fairness, 24/7 coverage, changes the nature of the sport, lowers excitement, hold up in play.</p>			
<p><b>Business</b></p>	<p><b>R067 – Enterprise and marketing concepts</b></p> <ul style="list-style-type: none"> <li>• Costs of running a business</li> <li>• Business and product lifecycles</li> <li>• Characteristics of an entrepreneur</li> <li>• Advertising</li> <li>• Launching a product</li> <li>• Revenue</li> <li>• Advantages and Disadvantages of different types of business – Partnerships, Ownership</li> <li>• Quantitative data – pros and cons</li> <li>• Finance – Loans, lack of cash</li> <li>• Markets segments</li> <li>• Price skimming</li> <li>• Calculate business costs, showing working</li> <li>• Business analysis</li> </ul>			
<p><b>Creative iMedia</b></p>	<p><b>R093 – Creative iMedia in the media industry</b></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>• Traditional vs New Media               <ul style="list-style-type: none"> <li>○ Types and differences</li> <li>○ With examples</li> </ul> </li> <li>• Type of jobs in media – and what they do</li> <li>• Audience characteristics – age, gender, income, location, occupation, etc.</li> <li>• Purpose of media – Entertain, education, inform,</li> <li>• Regulators               <ul style="list-style-type: none"> <li>○ ASA – Adverts</li> </ul> </li> </ul> </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>• Research pros and cons of each               <ul style="list-style-type: none"> <li>○ Surveys, Questions</li> </ul> </li> <li>• Types of primary and secondary research</li> <li>• Qualitative vs quantitative research</li> <li>• Client Brief breakdown</li> <li>• Pre-Production documents               <ul style="list-style-type: none"> <li>○ Mood boards, Mind maps, Storyboard, Visualisation diagrams, Scripts</li> </ul> </li> <li>• File formats</li> </ul> </td> </tr> </table>		<ul style="list-style-type: none"> <li>• Traditional vs New Media               <ul style="list-style-type: none"> <li>○ Types and differences</li> <li>○ With examples</li> </ul> </li> <li>• Type of jobs in media – and what they do</li> <li>• Audience characteristics – age, gender, income, location, occupation, etc.</li> <li>• Purpose of media – Entertain, education, inform,</li> <li>• Regulators               <ul style="list-style-type: none"> <li>○ ASA – Adverts</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Research pros and cons of each               <ul style="list-style-type: none"> <li>○ Surveys, Questions</li> </ul> </li> <li>• Types of primary and secondary research</li> <li>• Qualitative vs quantitative research</li> <li>• Client Brief breakdown</li> <li>• Pre-Production documents               <ul style="list-style-type: none"> <li>○ Mood boards, Mind maps, Storyboard, Visualisation diagrams, Scripts</li> </ul> </li> <li>• File formats</li> </ul>
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