



**Detail and Content of Assessment:**

Your assessment will be a 2 hour exam paper, made up of 3 sections. This reflects what next summer's A level exams will be like. Each section focuses on the areas taught in class including Anatomy and Exercise Physiology, Skill Acquisition and Sports Psychology, Sport and Society and Modern Technology. Each are worth 35 marks, totalling 105 marks for the paper.

The topics are:

**Anatomy/ Exercise Physiology**

Cardiovascular and Respiratory Systems  
Skeletal, muscular and neuromuscular systems  
Diet, Nutrition and Training

**Skill Acquisition/ Sports Psychology**

**Sport and Society/ Modern Technology**

**Dates and Times of Assessment for individual groups:**

Group: N/A	Teacher(s): N/A	Date & Lesson of Assessment:
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**All groups will sit the same assessment at the same time in the mock exam hall**

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**Week 1:**

<b>Task:</b>	<b>Duration</b>	<b>Resources Available. What &amp; Where?</b>	<b>Submitted to the teacher? How &amp; When?</b>
<p>Complete the Personal Learning Checklist by rating your confidence in each area 1-3.</p> <p>Complete a revision resource e.g. flash cards or a topic on a page for; Cardiovascular System</p> <p>Respiratory System</p>	1hr 30 mins	<p>Use the personal learning checklist to cover all areas of each section.</p> <p><a href="https://docs.google.com/spreadsheets/d/1xA98c9tL_I46aoFYStiyu1Z-gtq0nx0yingmVYNrssc/edit?usp=drive_link">https://docs.google.com/spreadsheets/d/1xA98c9tL_I46aoFYStiyu1Z-gtq0nx0yingmVYNrssc/edit?usp=drive_link</a></p>	Mr Bailey will check completion in the final lesson of the week
<p>Complete and mark 5 questions from the Cardiovascular System and 5 questions from the Respiratory Systems section past paper area.</p>	1 hr	<p><a href="#">CV Past Papers</a> <a href="#">Resp Past Papers</a></p>	Mr Bailey will check completion in the final lesson of the week

**Week 2:**

<b>Task:</b>	<b>Duration</b>	<b>Resources Available. What &amp; Where?</b>	<b>Submitted to the teacher? How &amp; When?</b>
<p>Complete a revision resource e.g. flash cards or a topic on a page for; Skeletal, Muscular and Neuromuscular systems</p> <p>Diet, Nutrition and training</p>	1hr	<p>Use the personal learning checklist or AQA specification website link to cover all areas of each section.</p> <p><a href="https://docs.google.com/spreadsheets/d/1xA98c9tL_I46aoFYStiyu1Z-gtq0nx0yingmVYNrssc/edit?usp=drive_link">https://docs.google.com/spreadsheets/d/1xA98c9tL_I46aoFYStiyu1Z-gtq0nx0yingmVYNrssc/edit?usp=drive_link</a></p>	Mr Bailey will check completion in the final lesson of the week

Complete and mark 5 questions from the Cardiovascular System and 5 from Diet, Nutrition and Preparation past paper areas.	1 hr	<a href="#">CV Past Papers</a> <a href="#">Diet Past Papers</a>	Mr Bailey will check completion in the final lesson of the week

### Week 3:

<b>Task:</b>	<b>Duration</b>	<b>Resources Available. What &amp; Where?</b>	<b>Submitted to the teacher? How &amp; When?</b>
Update the personal learning checklist and target revision around areas still marked at "3" or some marked at "2"	1hr	Personal Learning checklist <a href="https://docs.google.com/spreadsheets/d/1xA98c9tL_I46aoFYStiyu1Z-gtq0nx0yinqmVYNrssc/edit?usp=drive_link">https://docs.google.com/spreadsheets/d/1xA98c9tL_I46aoFYStiyu1Z-gtq0nx0yinqmVYNrssc/edit?usp=drive_link</a>	Mr Bailey will check completion in the final lesson of the week
Complete and mark 10 questions from the Cardiovascular System, 10 from the Respiratory System and 10 from Diet, Nutrition and Preparation past paper areas.	2 hr	<a href="#">CV Past Papers</a> <a href="#">Resp Past Papers</a> <a href="#">Diet Past Papers</a>	Mr Bailey will check completion in the final lesson of the week