




# GCSE PHYSICAL EDUCATION

<b>Paper 1</b> 30% Exam	<ul style="list-style-type: none"><li>• Applied anatomy and physiology</li><li>• Movement analysis</li><li>• Physical training</li><li>• Use of data</li></ul>
<b>Paper 2</b> 30% Exam	<ul style="list-style-type: none"><li>• Sports psychology</li><li>• Socio-cultural influences</li><li>• Health, fitness and well-being</li><li>• Use of data</li></ul>
<b>Paper 3</b> 40% NEA	<ul style="list-style-type: none"><li>• Practical performance in three different physical activities (one team activity, one individual activity and a third in either).</li><li>• Analysis and evaluation of performance to bring about improvement in one activity.</li></ul>
<b>Exam Board</b>	AQA GCSE Physical Education (8582) 

## Useful Links/Resources

### Online textbook / resources

<https://www.kerboodle.com/users/login>

### AQA GCSE PE YouTube Channels

Planet PE

<https://www.youtube.com/@PlanetPEgcsepe>

simplype

<https://www.youtube.com/@simplype3909>

## Useful Information

Exam questions in GCSE PE will take the form of multiple choice questions, short answer questions, and extended response questions. These will always start with a command word. This can give you a clue to the assessment objective (AO) the question is targeting and the depth of answer required.

### AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

Common command words include:

**Define:** Specify meaning.

**Describe:** Set out characteristics.

**Name:** Identify using a recognised technical term.

**State:** Express clearly and briefly.

### AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

Common command words include:

**Explain:** Set out purposes or reasons.

**Give a sporting example:** Provide a sport / skill which matches the demand of the question.

### AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

Common command words include:

**Analyse:** Separate information into components and identify their characteristics.

**Discuss:** Present key points about different ideas or strengths and weaknesses of an idea.

**Evaluate:** Judge from available evidence.

**Justify:** Support a case with evidence.



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## Year 10

### Term 1

#### Paper 1: Anatomy and physiology

- The structure and functions of the musculoskeletal system
- The structure and functions of the cardio-respiratory system
- Anaerobic and aerobic exercise

The short and long term effects of exercise

#### Paper 1: Movement Analysis

- Lever systems
- Planes and axes of movement

### Term 2

#### Paper 1: Physical Training

- Health and fitness
- The components of fitness
- The principles of training
- How to optimise training and prevent injury
- Effective use of warm up and cool down

### Term 3

Paper 1: Revision, exam technique and assessment

Coursework: Analysis and evaluation

## Year 11

### Term 1

#### Paper 2: Sports Psychology

- Classification of skills (basic/complex, open/closed)
- The use of goal setting and SMART targets to improve and/or optimise performance
- Basic information processing
- Guidance and feedback on performance
- Mental preparation for performance

### Term 2

#### Paper 2: Socio-cultural influences

- Engagement patterns of different social groups
- Commercialisation of physical activity and sport
- Ethical and socio-cultural issues in physical activity and sport

#### Paper 2: Health, fitness and wellbeing

- Physical, emotional and social health, fitness and wellbeing
- The consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration

### Term 3

Exam preparation: Paper 1 and Paper 2

