This guide is for students, parents and carers. It outlines: Information about the GCSE course; the topics on each examination paper and where students can find revision resources; and ends with examination tips specific to this subject.

**Course Title and Exam Board**

|  |  |
| --- | --- |
| Exam board | AQA |
| Course title | AQA GCSE PE |
| Course structure and assessment | **Written Assessments** Students will be assessed through 2 written examinations focusing on components 1 & 2. This accounts **for 60% of the total marks available.****Practical Skills Examination** Students are assessed in 3 practical activities from a set list. This accounts **for 30% of the total marks****Coursework Assessments** Students will be assessed through 1 written coursework task. This accounts **for 10% of the total marks** |
| Key dates | December 2018 | Students have selected three practical sports  |
| January – February 2019 | Students will have practical assessments during this month  |
| February 2019 | Students will have finished and handed in coursework  |
| March 2019 – April 2019 | This is the practical moderation window  |
| May 2019 | GCSE exam papers  |

**GCSE Examinations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Paper | Marks | Duration | Weighting | Topics on this paper |
| **Paper 1** | 78 | 1.15 Hours | 30% | * The structure 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
* Lever systems
* Planes and axes of movement
* 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
 |
| **Paper 2** | 78 | 1.15Hours | 30% | * Classification of skills
* The use of goal setting and SMART target
* Basic information processing
* Guidance and feedback on performance
* Mental preparation for performance
* Engagement patterns of different social groups in physical activity and sport
* Commercialisation of physical activity and sport
* Ethical and socio-cultural issues
* Physical, emotional and social health, fitness and well-being
* The consequences of a sedentary lifestyle
* Energy use, diet, nutrition and hydration
 |
| NEA Coursework | 25 | 6 Weeks | 10% | * Two sections
* 15 Marks - Analysis of performance
* 10 Marks - Strategies to improve
* performance
 |
| NEA Practical Assessment  | 75 | 3 Years  | 30% | * 3 Practical Sports
* 10 Marks on Skills per sport
* 15 Marks on Practical per sport
 |

**Course Components (a more detailed explanation of skills and topics)**

*Examination Paper 1 & 2*

**Students demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. (AO1)**

* 25% of questions will contain AO1.
* These questions will require you to define, name, or state something

**Students apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. (AO2)**

* 20% of questions will contain AO2.
* These questions will require you to apply basic knowledge to specific sporting examples

**Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport(AO3)**

* 15% of questions will contain AO3.
* These questions will require you to justify your examples and analyse/evaluate their importance

**Where are the revision resources?**

|  |  |
| --- | --- |
| Revision topics | What resources to use (website links, student: drive titles of folders/ documents; books recommended etc.) |
| **Paper 1** |
| The structure of the musculoskeletal system | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 1 Anatomy and Physiology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 1 Anatomy and Physiology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**1-6**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| The structure and functions of the cardio-respiratory system | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 1 Anatomy and Physiology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 1 Anatomy and Physiology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**7-10**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Anaerobic and aerobic exercise | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 1 Anatomy and Physiology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 1 Anatomy and Physiology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**11**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| The short and long term effects of exercise | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 1 Anatomy and Physiology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 1 Anatomy and Physiology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**12-15**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Lever systems | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 2 Movement Analysis**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 2 Movement Analysis**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:****17-18****Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Planes and axes of movement | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 2 Movement Analysis**Online Links**:P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 2 Movement Analysis**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:****17-18****Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Health and fitness The components of fitness | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 3 Physical Training**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 3 Physical Training**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**20-26**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| The principles of training | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 3 Physical Training**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 3 Physical Training**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>Revision Guide Pages:27-28**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Methods of Training | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 3 Physical Training**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 3 Physical Training**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**29-33**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| How to optimise training and prevent injury | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 1\Unit 3 Physical Training**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 1\Unit 3 Physical Training**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**34-35**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| **Paper 2** |
| Classification of skills  | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 4 Sport Psychology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 4 Sport Psychology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**37**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| The use of goal setting and SMART targets  | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 4 Sport Psychology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 4 Sport Psychology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**38**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Basic information processing | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 4 Sport Psychology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 4 Sport Psychology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**39-40**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Guidance and feedback on performance | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 4 Sport Psychology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 4 Sport Psychology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**39-41**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Mental preparation for performance | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 4 Sport Psychology**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 4 Sport Psychology**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**41-42**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Engagement patterns of different social groups in physical activity and sport | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 5 Socio Cultural Influnces**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 5 Socio Cultural Influences**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**44-46**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Commercialisation of physical activity and sport | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 5 Socio Cultural Influences**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 5 Socio Cultural Influences**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**46-48**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Ethical and socio-cultural issues  | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 5 Socio Cultural Influences**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 5 Socio Cultural Influences**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**48-52**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Physical, emotional and social health, fitness and well-being | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 6 Health and Safety**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 6 Health and SafetyOnline Quizzes<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**54-55**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| The consequences of a sedentary lifestyle | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 6 Health and Safety**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 6 Health and Safety**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**56-58**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |
| Energy use, diet, nutrition and hydration | **Knowledge:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Paper 2\Unit 6 Health and Safety**Online Links:**P:\Students\REVISION\Physical Education\GCSE PE\Online**Test Papers:**P:\Students\REVISION\Physical Education\GCSE PE\Exam Papers\Paper 2\Unit 6 Health and Safety**Online Quizzes**<https://sites.google.com/longhill.org.uk/longhill-gcse-pe-quizes/home>**Revision Guide Pages:**58-59**Podcasts:**P:\Students\REVISION\Physical Education\GCSE PE\Podcasts**Key Words:**P:\Students\REVISION\Physical Education\GCSE PE\Knowledge\Key Words |

**Three Examination Tips Specific to this Subject**

1. Practice learning key words. These are so important and underpin every single question within GCSE PE. You should be spending an hour a week using quizlet or flash cards to help you remember key topics
2. Identify how many marks have been awarded and make that amount of separate points i.e. 3 marks means write 3 answers
3. Give specific physical activity examples do not just name a sport i.e. dodging your opponent in Basketball