

GCSE PHYSICAL EDUCATION

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

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:

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

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