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 | 1.15  Hours | 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 Safety  Online 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