

AQA GCSE PE



HOW MANY PE LESSONS WILL I HAVE?

ALL STUDENTS: CORE PE LESSONS

1 HOUR PER WEEK

GCSE PE STUDENTS

AN ADDITIONAL 5 HOURS PER FORTNIGHT

A MIX OF THEORY AND PRACTICAL

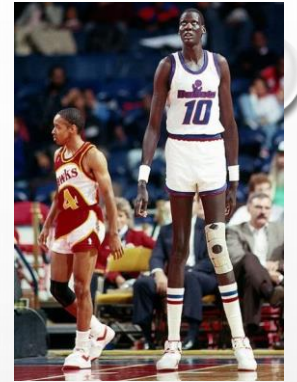
THEORY – 60%

WHAT SORT OF TOPICS WILL I BE STUDYING?

Paper 1	Paper 2
Applied anatomy and physiology Movement analysis Physical Training Use of data	Health, fitness and well being Sport psychology Socio-cultural influences Use of data

Exam questions are a mixture of multiple choice, graphical interpretation, short answer questions, as well as extended writing.

PAPER 1



Applied anatomy and physiology
Movement analysis
Physical training
Use of data



Applied anatomy and physiology

Musculoskeletal system

Bones

Structure and function of skeleton

Muscles

Types of joints

Structure of synovial joint e.g. the knee

Describing movement at a joint

How muscles work in pairs

Anaerobic and aerobic exercise

Understanding terms – aerobic & anaerobic

Practical examples

Excess Post Exercise Oxygen Consumption

Recovery process from vigorous exercise

Cardiorespiratory system

Pathway of air

Gaseous exchange

Blood vessels

Structure of heart

Cardiac cycle and pathway of blood

Cardiac output, stroke volume and heart rate

Mechanics of breathing

Interpretation of a spirometer trace

The short and long term effects of exercise

Immediate effects during exercise

The short term effects (up to 36 hours afterwards)

The long term effects after months of exercising



Movement analysis

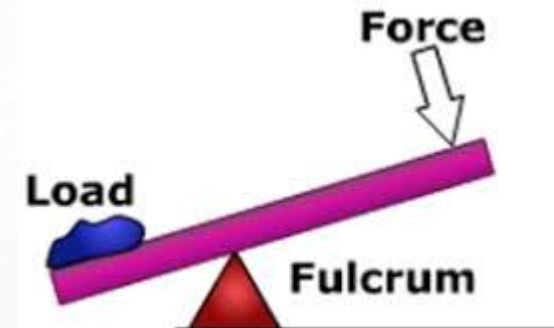
Lever systems

First, second and third class lever systems

Examples of lever systems from sport

Mechanical advantage

Analysis of sports actions and movement

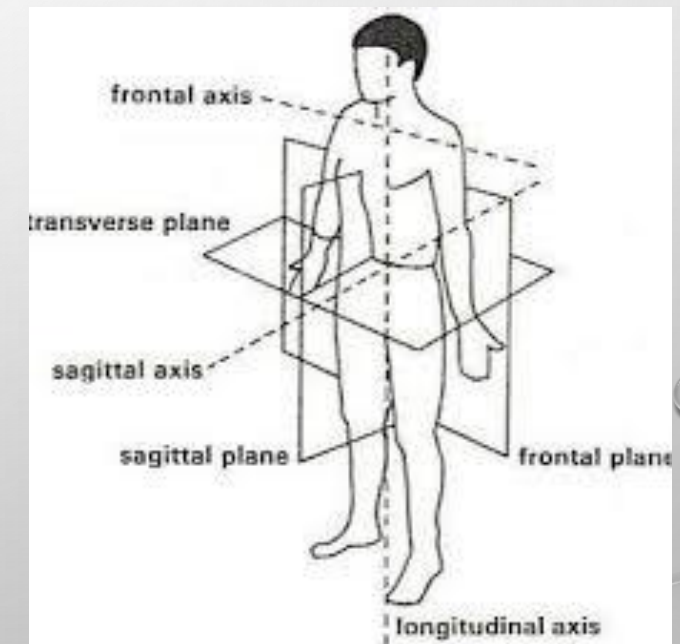


Planes and axes of movement

Identification of planes

Identification of axes

Linking planes and axes to sporting movement



Physical training

Health & fitness

Relationship between health & fitness

The components of fitness

Components of fitness

Links to sport

Fitness testing

Reasons & limitations of fitness testing

Collection of data from fitness testing

Interpretation of data

The principles of training

Principles of training - SPORT

Principles of overload - FITT

Application to training for sport

Types of training

Advantages and disadvantages of different training

How to optimise training

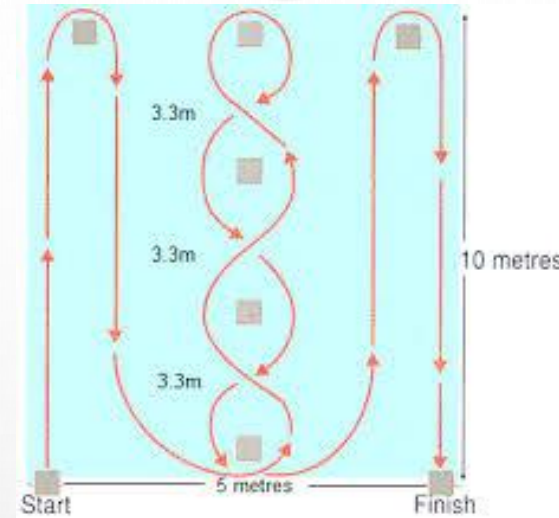
Aerobic/anaerobic training zones & calculations

Injury prevention

High altitude training

Seasonal training

Effective warming up and cooling down



Use of data

Collecting data

Qualitative data

Methods for collecting qualitative data

Quantitative data

Methods for collecting quantitative data

Presenting data

Tables

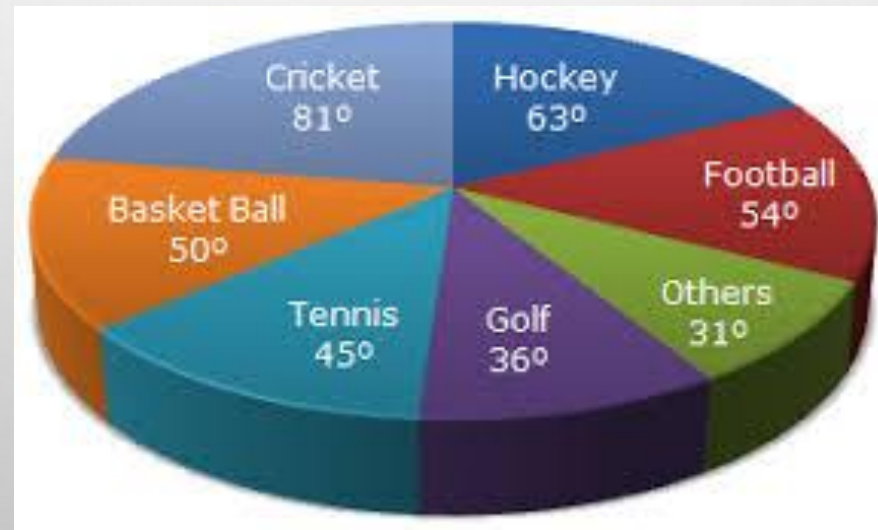
Plot bar chart

Plot line graph

Evaluate data

Analysis and evaluation of data

- Tables
- Bar charts
- Line graphs
- Pie charts



PAPER 2



Sport psychology
Socio-cultural influences
Health, fitness, well-being
Use of data (in both papers)



Sport psychology

Classification of skills

Skill and ability
Classification of skills
Types of goals

Goal setting

Performance and outcome goals
SMART targets

Information processing

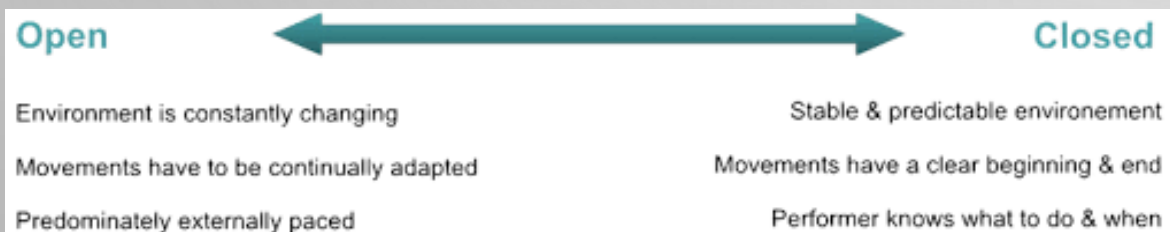
Basic information processing model

Guidance and feedback on performance

Types of guidance
Types of feedback
With reference to beginner and elite performers

Mental preparation for performance

Arousal – optimum arousal
Inverted U Theory
Stress management techniques used in sport
Direct and indirect aggression
Introvert & extrovert
Intrinsic and extrinsic motivation



Socio-cultural influences

Engagement patterns

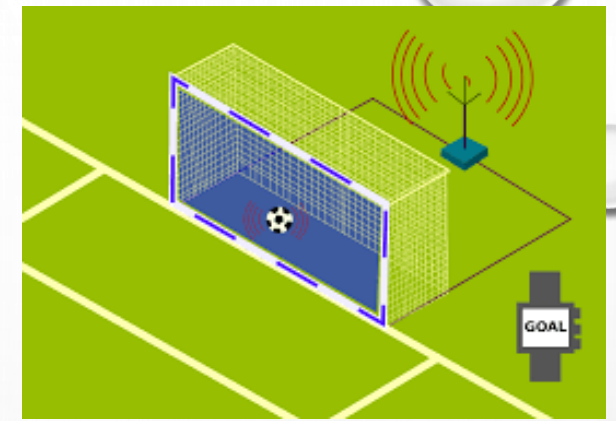
Factors affecting participation
Within different social groups

Commercialisation of sport

Define commercialisation
Types of sponsorship
The media
Positive/negative impact of sponsorship
Positive/negative impact of technology in sport
Impact on the performer
Impact on the official
Impact on the sponsor
Impact on the sport
Impact on the spectator

Ethical and socio-cultural issues

Conduct of performers
Prohibited substances
Prohibited methods
Restricted drugs
Types of performance enhancing drugs
Advantages and disadvantages of performance enhancing drugs
Links to sports performers and the sport
Spectator behaviour – hooliganism
Strategies to combat hooliganism



Health, fitness, well-being

Health and well-being

Physical, mental and social well-being

Fitness

Consequences of sedentary lifestyle

Understand consequences of sedentary lifestyle

Obesity

Somatotypes

Energy use, diet, nutrition, hydration

Energy use

Balanced diet

Role of nutrients

Water balance: hydration & dehydration



PRACTICAL PERFORMANCE – 40%

YOU WILL BE ASSESSED IN **THREE** PRACTICAL ELEMENTS WHICH CAN BE MADE UP FROM THE LISTS IN THE TABLE ON THE NEXT SLIDE.

(EACH SPORT IS WORTH 10% OF THE FINAL GRADE)

- **ONE TEAM SPORT**
- **ONE INDIVIDUAL SPORT**
- **PLUS EITHER A TEAM OR INDIVIDUAL SPORT**
- **PLUS WRITTEN COURSEWORK ON PERFORMANCE ANALYSIS (10%)**

ACTIVITY LIST

Individual Activities		Team Activities	
Amateur boxing Athletics Badminton singles Canoeing/kayaking (slalom or sprint) Cycling Dance solo Diving Equestrian Figure skating Golf	Gymnastics Rock climbing Sailing Sculling Skiing Snowboarding Squash singles Swimming Table tennis singles Tennis singles Trampolining Windsurfing	Acrobatic gymnastics Association football Badminton doubles Basketball Camogie Cricket Dance duet/trio etc Figure skating Futsal Gaelic football Handball Hockey Hurling	Ice hockey Inline roller hockey Lacrosse Netball Rowing Rugby League Rugby Union Sailing Sculling Squash Doubles Table tennis Doubles Tennis Doubles Volleyball Water polo

REGULATIONS ABOUT COMBINATIONS OF SPORTS

FOR EXAMPLE – HERE IS AN OVERVIEW

- BADMINTON SINGLES OR DOUBLES, SQUASH SINGLES OR DOUBLES, TENNIS SINGLES OR DOUBLES, TABLE TENNIS SINGLES OR DOUBLES
- RUGBY LEAGUE OR RUGBY UNION
- DANCE OR FIGURE SKATING OR RHYTHMIC GYMNASTICS
- FOOTBALL OR FUTSAL
- SKIING OR SNOWBOARDING
- CANOEING, KAYAKING, ROWING OR SCULLING
- GYMNASTICS OR ACROBATIC GYMNASTICS

MORE REGULATIONS TO FOLLOW

INDIVIDUAL ACTIVITIES – PART 1

Amateur boxing

Athletics - Long distance track running must not exceed 5,000 metres

Badminton singles

Canoeing/kayaking (slalom or sprint) - Cannot be assessed in kayaking, rowing or sculling

Cycling - Track road cycling (indoor/outdoor) or BMX racing only

Dance - Can only be used for one activity, not with rhythmic gymnastics nor figure skating.

Diving – Platform only

Equestrian

Figure skating – Cannot be assessed with dance

Golf

Gymnastics - Floor routines and apparatus/specialism only. Can only be used for one activity. Students choosing rhythmic as their specialism cannot also be assessed in dance.

INDIVIDUAL ACTIVITIES – PART 2

Rock climbing

- can be indoor or outdoor

Sailing - [Royal Yachting Associated recognised sailing boat classes](#) only. This can only be used for one activity. Students must perform in the role of helm.

Sculling

- Cannot be assessed in canoeing, kayaking, or rowing

Skiing

- Outdoor/indoor on snow. Cannot be assessed with snowboarding.
Must not be on dry slopes.

Snowboarding

- Outdoor/indoor on snow. Cannot be assessed with skiing.
Must not be on dry slopes.

Squash singles

Swimming

- Cannot be synchronised swimming, personal survival nor lifesaving.

Table tennis singles

Tennis singles

Trampolining

Windsurfing

TEAM ACTIVITIES – PART 1

Acrobatic gymnastics – Cannot be assessed with gymnastics

Association football - Cannot be assessed with futsal. Cannot be 5-a-side

Badminton doubles

Basketball

Camogie

Cricket

Dance – Cannot be assessed with figure skating or rhythmic gymnastics

Figure skating – Cannot be assessed with dance

Futsal – Cannot be assessed with football

Gaelic football

Handball

Hockey

Hurling - Cannot be assessed with camogie

Ice hockey - Cannot be assessed with inline roller hockey

Inline roller hockey – Cannot be assessed with ice hockey

TEAM ACTIVITIES – PART 2

Lacrosse

Netball

Rowing - Cannot be assessed with canoeing, sculling or kayaking

Rugby League – Cannot be assessed with rugby union/rugby sevens. Cannot be tag rugby.

Rugby Union – Can be assessed as sevens or fifteen a-side. Cannot be assessed with rugby league. Cannot be tag rugby.

Sailing - [Royal Yachting Associated recognised sailing boat classes](#) only. This can only be used for one activity. Students must perform in the role of helm.

Sculling - Cannot be assessed with rowing, canoeing, kayaking, or individual sculling.

Squash Doubles

Table tennis Doubles

Tennis Doubles

Volleyball

Water polo

CAN I USE AN ACTIVITY I DO OUT OF SCHOOL?

Yes - It would be your responsibility to **provide video assessment** of all of the criteria required for that sport.

Each sport has its own criteria - **refer to [AQA GCSE PE website](#)**
Part 1 - Skills in isolation, Part 2 - Competitive performance

This video evidence is used to assess you, so it needs to be of the highest standard of performance and fitness.



All students will follow the curriculum in GCSE PE lessons: netball, handball, dance, athletics etc.

WRITTEN COURSEWORK

PERFORMANCE ANALYSIS & EVALUATION (10%)



Part 1: Analysis – strengths and weaknesses (15 marks)

Students should analyse and evaluate their own performance in ONE activity from the specification.

By doing the following

1. Identify two strengths – justify why they are strengths.
2. Identify two weaknesses – justify why they are weaknesses.



Part 2: Evaluation – the use of theoretical principles to cause improvement (10 marks)

Produce an overall plan of action for improvement to include:

- *identification of an appropriate training type*
- *full description of one training session*
- explanation *of how the identified training type could improve fitness*
- identification of *one theory topic from paper 2* which, when applied, could bring about improvement
- explanation of *how the theory topic chosen could lead to improvement*



WHAT EXAMS WILL I HAVE TO DO?

Paper 1: The human body and movement in physical activity and sport 30%	Paper 2: Socio-cultural influences and well-being in physical activity and sport 30%	Practical performance in physical activity and sport 40%
Applied anatomy and physiology Movement analysis Physical Training Use of data	Health, fitness and well being Sport psychology Socio-cultural influences Use of data	One Team sport One Individual sport Plus either a team or individual sport
Written exam: 1 hour 15 minutes	Written exam: 1 hour 15 minutes	a) Practical performance in three different activities. a) Analysis and evaluation of performance (written coursework)