

AQA GCSE Physical Education**6 mark question (Paper 1)**

Exam question:

Using your knowledge of agility and reaction time, evaluate the importance of these components of fitness for performers in the 100m sprint.

A01 = 1 MARK

A02 = 2 MARKS

A03 = 3 MARKS

A01	Identify, outline, state, complete, define	
<u>Knowledge</u> Define each component of fitness.	Agility	Reaction time
A02	Apply, illustrate, interpret, describe, calculate, consider, explain	
<u>Apply</u> How is each CoF used in the 100m sprint? – give specific examples	Agility	Reaction time
A03	Analyse, compare, discuss, evaluate, justify, suggest	
<u>Say why</u> What are the positive and negative impacts of each CoF on performance in the 100m sprint? If you do/do not have a good level of each CoF what would be the impact? Are other CoF more beneficial/relevant for the 100m sprint?	Agility	Reaction time
<u>Synoptic link</u> Link to another element of the course eg. Is a good level of the CoF enough? Is there also a need for motivation?		