


Ensuring Success in Year 11: GCSE -PE

Qualification:	AQA Physical Education
Exam board details and website link:	AQA Course code 8285 https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education
Scheme of Assessment (number of papers / duration etc)	Paper 1- The human Body and Movement. Exam paper 1 hour 15 mins Paper 2- Socio-Cultural Influences + Well being. Exam paper 1 hour 15 mins Coursework- Written self analysis on personal competitive performances. A training plan + theoretical element utilised to improve performance. 4-600 words. Practical Assessment- in 3 Sports- 1 hour on skill demonstration and 1 full context match of varied duration
How to access past / sample exam papers, mark schemes, examiners reports, etc:	AQA web page: https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources?f.Resource+type%7C6=Question+papers Questions and model answers provided during lesson time
Where/how to access revision materials:	Bite Size- https://www.bbc.co.uk/bitesize/examspecs/zp49cwx Quizlet- https://quizlet.com/en-gb/content/gcse-pe Specification pages- https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF
Optional revision guides / texts to purchase:	 <p>GCSE Physical Education AQA Revision Guide. Pearson Revision Guide. CGP GCSE revision cards AQA exam practice work book</p>
Suggested revision techniques:	Mind maps. Revision cards. Label diagrams. Flow charts. Story of the blood flow through the heart. Charts. Graph and data questions. Make a personal exercise plan for various sports using Fitness tests and methods of training. Watch videos on how to perform specific weakness skills.
Useful exam tips / Common mistakes to avoid	Misconceptions: mixing areas up-eg Stretches come first within a warm up. Forgetting the how and why for A03-don't forget the outcome Check the number of marks and apply beyond that numbers in responses A01-knowledge. A02-application, give an example. A03-anaysls and evaluate-how and why

Year 10 Mock Information

[Insert any relevant information regarding mock exam in your subject here]

Number of papers and duration	1 paper of 1 hour and 15 mins
Topics / information to revise	Health, Fitness and Wellbeing, Somatotypes and sedentary lifestyles. Fitness Testing, Training Methods preparation for sport and recovery from exercise. Sporting Ethics and Diet and Nutrition for athletes. The muscular skeletal system and how it works to create movement. Respiratory system and aerobic and anaerobic sporting examples. Use of data and the skills continuum.
Where/how to access revision materials:	Bite Size- https://www.bbc.co.uk/bitesize/examspecs/zp49cwx Quizlet- https://quizlet.com/en-gb/content/gcse-pe Specification pages- https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF