

# GCSE PE

**Exam board:** AQA

**Course:** GCSE PE

**Online specification link:**

<http://filestore.aqa.org.uk/subjects/AQA-4890-W-SP-14.PDF>

**Important Topics:**

1). Individual differences (gender, age, disability, culture, physique)	6). The methods of training
2). Opportunities and pathways	7). Components of fitness
3).Diet and school influences	8). Principles of training
4). The difference between aerobic and anaerobic exercise	9). Injury
5). Characteristics of leisure and recreation	10). Fatigue and stress

**Key dates:** Theory exam 19<sup>th</sup> of May (pm)

Trial practical moderation – December (TBC)

Actual moderation – April 2017 (TBC)

**The exam:**

- ❖ The scenario booklet is sent by the exam board one month prior to the exam.
- ❖ Multiple choice, short and extended answer questions (8 marks)
- ❖ Using detailed examples from sport is crucial. (See using examples section below)
- ❖ The exam is 1.5 hours long

**Practical nights:**

Throughout this year it is crucial that all students attend our Thursday GCSE PE club to enhance both fitness and skill levels. The session will run from 3:35-430pm every Thursday. Attendance to all these sessions will increase the chance of students gaining improved practical marks.

**Controlled Assessments:**

Course work and topic tests are completed frequently throughout the year. Often students may need to stay after school or at lunch times for one to one support to improve their knowledge and marks.

### Using examples:

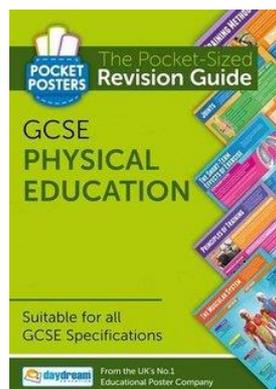
The ability to use detailed examples from actual sporting situations is of the utmost importance in gaining marks in the GCSE PE exam paper. Many questions state that examples are needed. In extended answer questions the use of accurate examples is often the difference between getting a couple of marks to getting many marks.

**Example: Agility.** Definition followed by an explanation of its use in sport. The sport will usually be dictated by the question.

**Football: Agility** *is the ability to change direction or height quickly while maintain control of the movement.* In football a player could dribble towards a defender and quickly side step to get around a player. This would create space for the attacking player to dribble away from the opponent.

### **Revision Booklet:**

Your child has been given a copy of this booklet for them to keep. It will have all the vital information they need to be successful in their exam. At the bottom of each page there is a sporting example section which can be viewed and discussed after reading the page.



### **Shared area:**

In addition to this students have access to our shared area in school and they will have their exercise books as well.

- 1). On homepage gor to subjects tab and scroll down to PE.
- 2). On Jessica Ennis page scroll down to GCSE PE
- 3). AQA PE tab
- 4). Then choose the topic to gain access to the information

