

An Introduction to GCSE PE 2017-2018



Welcome to GCSE PE. This booklet is designed to give you an outline of the format of the course. You should use it over the next couple of years to remind yourself on everything from practical activities to how to answer exam questions.

The Course:

As you should know the GCSE PE course involves both written and practical assessments. The practical side of the course accounts for 30% and the theory side is a total of 70% (including coursework).

Grading:

At the end of the course you will be given a grade between 9-1. In simple terms a grade 9 is the best grade (you could say equivalent to an A*).

Practical Assessment:

Throughout the next two years your teachers will help you to improve your skills in various sports, before assessing you in each one out of 35. Towards the end of year 11 your best three scores will be submitted. If you take part in a sport that you don't cover during lessons, you still may be able to use it for assessment and your teacher will work with you to ensure that this can happen (although not all activities are allowed by the exam board). From your three activities at least one must be an individual sport and at least one must be a team sport.

Towards the end of the course a moderator will visit the school and will ask to see the class taking part in certain sports in order to check that the practical grades the teachers have given you are correct. Although it is important you perform at your highest level on the day, your teachers will work with you to ensure that the moderation day runs smoothly.

As stated above the practical assessment counts for 30% of your overall grade.

Although the practical sports you choose to submit will almost certainly be different to what you imagine them to be now, it is good to have an idea of your current strengths. Which 3 sports would you choose if the assessment was today?

- 1.
- 2.
- 3.

Coursework:

During the course you will be required to design a **personal exercise programme (PEP)**. This will include information that you have learned throughout the theory side of the course and will count towards 10% of your overall grade. You will be given a mark out of 20 for your PEP.

Written Assessment:

Throughout the next couple of years you will spend a large amount of the course working towards the written exams which you will take at the end of year 11.

The two components that make up these exams are:

Component 1 – Fitness & Body Systems

Component 2 – Health & Performance

At the end of year 11 you will take two written exams, one for each component. The exam covering component one will be worth 90 marks and the exam for component two will be worth 70 marks. Each exam will contain questions that are worth 1, 2, 3, 4 and 9 marks. You must answer these questions in different ways in order to gain maximum marks. The rest of this booklet will act as a guide to answering these questions.

Note: The example questions given below are to help you understand the format of the questions in the exam. The content of these questions are not necessarily going to be covered during the course

1 Mark Questions:

Don't waste too much time on 1 mark questions. Make sure you read the question properly but get the answer down and move on. If it is a multiple choice question, simply put a cross in the box of your answer. If it is a written question, all you need to write is the key word or phrase required. You should write down one sentence as a maximum.

Question – **Name** a muscle found in the arm. (1)

Answer:

Question – **Name** a piece of safety equipment used in cricket. (1)

Answer:

2 Mark Questions:

Here you must give an answer and a very brief explanation. This could be done in one or two sentences and again you shouldn't waste lots of time on these questions.

Question – **Justify** the use of an exercise which could help a sprinter gain more power. (2)

Example Answer – *A sprinter could perform squats in the gym (1) as this would ensure his quadriceps are gaining power which would help him to run quicker in a race (1).*

Question – **Describe** the difference between a baseball bat and a softball bat (2).

Answer –



Question – **Describe** the process of a tennis serve. (2)



Hint – How long does your answer need to be here?

Answer:

3 Mark Questions:

These questions will require you to write down a slightly longer answer which offers some detail in your response as well as an explanation. There is 3 marks available and the examiner will be looking for at least **3 key points** shown within your answer.

Question – **Explain** why you get out of breath when taking part in physical activity for a long time (3)

Answer – When taking part in physical activity your muscles require more oxygen (1). This means that the heart must pump more oxygen around the body and in order for it to do this, more oxygen must be taken in by the lungs (1). Therefore you must breathe more heavily in order to supply the lungs with more oxygen (1).

Hint – Your answer doesn't need to be word for word what is in the mark scheme. You can word an answer however you like, as long as it has the required content and detail

Question – Assess the importance of warming up before taking part in a netball match (3)

Answer:



Question – Analyse the role of goal line technology in helping officials make the correct decision in football. (3)

Answer:

4 Mark Questions:

These are rare in exams but may come up. They will often ask you to explain something and you know that you must give a detailed answer that gives at least four key points. In truth these are very similar to 3 mark answers but with a slightly longer answer given with a little bit of extra detail.

If the answer to the question below was worth four marks, where would you give each mark? Circle four different parts of the answer in order to indicate each mark.

Question – **Explain** how the London 2012 Olympics encouraged more people to take part in sport.(4)

Answer: The London 2012 Olympics was one of the most successful events in history, with a record number of athletes taking part, which meant that more people from around the globe took interest in the Games and millions of people watched on television. Therefore the athletes acted as role models, encouraging viewers to participate in sport themselves. This was particularly evident in the UK where 3 million more people were participating in sport by 2013.

Question – Although popular, the Paralympics doesn't get as many fans attending this events as the Olympics. **Discuss** how the Paralympic Games could increase the amount of fans in attendance. (4)

Answer:

9 Mark Questions:

On each of your exam papers you will have to answer two 9 mark questions. These questions will make up a large percentage of the whole paper so it is really important that you answer them correctly and thoroughly.

9 mark questions are split into three sections with each section awarding 3 marks:

AO1 – Basic points in line with the question. Defining or describing the terms given in the question if necessary (3 marks)

AO2 – More detailed explanation of your points in line with the question. Weighing up both sides of an argument if necessary. (3 marks)

AO3 – Evaluating and concluding your points with detail. Thinking outside of the box where necessary and offering your own solutions or opinions. (3 marks)

Question:

Evaluate whether referees in football should be allowed to use physical violence against players? (9)

A referee in football is the person who has overall control for officiating the match. They are there to make sure that the game is fair and they implement the rules of the game and punish players for going against them. In recent years referees have suffered from lots of verbal abuse from players following decisions that they make, disrupting many matches. It is widely thought that referees should be given more power.

The ill-discipline of football players is a genuine problem as it disrupts many matches and this ill-discipline is also replicated by children and adults who play the game socially. Referees need to be shown respect by all players in order to keep the game flowing with few disruptions. Although physical violence may initially put players off questioning referees decisions, ultimately it could cause further problems with players or fans showing physical violence towards the referee, the opposition or each other. This would result in even more chaos during matches and potentially make a referee's job even more difficult.



Therefore, referees need more support from the Football Association in order to tackle the constant verbal abuse from both players and fans, but giving them powers to use physical violence against players may not be the best way to tackle this issue. Both football players and referees are role models to other people in society and allowing them to perform physical violence in front of hundreds of thousands of fans and television viewers would be sure to have negative effects on the behaviour of those watching the game.

In conclusion, it would surely be better to give referees more power, such as the ability to send players off for any verbal dissent throughout a match. Another possibility would be to bring in the 'sin bin' rule which is used in rugby, whereby players are eliminated from the field of play for a short amount of time following ill-discipline, ultimately punishing their team and dissuading themselves or others from committing such behaviour in the future.

The word at the start of the question gives you a big clue as to how you should be answering the question. For each of the following words, state how many marks you think the question might be worth?

- | | |
|------------|------------|
| Analyse - | Assess - |
| Describe - | State - |
| Explain - | Identify - |
| Evaluate - | Define - |
| Justify - | Discuss - |

The two questions below are almost identical but how should your answer differ?

1. **A) Identify** 3 reasons why children should be encouraged to take part in sport from a young age. (3)

1. **B) Explain** why children should be encouraged to take part in sport from a young age. (3)

The two questions below are almost identical but how should your answer differ?

State two reasons why performance enhancing drugs shouldn't be allowed in sport (2).

Answer:

Explain why performance enhancing drugs shouldn't be allowed in sport (2)

Answer:
