

An Introduction to Edexcel GCSE PE 2023-2024



The PE Classroom

Welcome to Edexcel GCSE PE! This booklet is designed to give you an outline of the format of the course. You should come back to this booklet over the next couple of years to remind yourself of everything from practical activities, to how to answer questions.

The Course

The course involves both written and practical assessments. The practical side of the course accounts for approx. 30% and the theory, 70% (including coursework).

Grading

At the end of the course, you will be given a grade between 9-1, with grade 9 being the highest possible grade. This table below shows the grade boundaries for the year two years:

Series	Max Mark	9	8	7	6	5	4	3	2	1
Jun-23	350	290	273	256	233	210	187	141	95	50
Jun-22	300	235	220	206	185	164	144	111	78	46

How You'll Be Assessed:

- Paper 1 - 80 marks (scaled to 126), 1 hr 30 mins S (36% of GCSE)]
- Paper 2 - 60 marks (scaled to 84), 1 hr 30 mins (24% of GCSE)
- Practical Performance - 105 marks (30% of GCSE)
- Personal Exercise Programme - 20 marks (scaled to 35) (10% of GCSE)



Practical Activities (Non-Exam Assessment)

Throughout the next two years, you will get the opportunity to improve your skills in various sports, before assessing in three activities. Your core and advanced skills will be assessed in isolation and in authentic performance situations (35 marks per activity). Each activity can last up to 12 hours over the course of several lessons.

You must be assessed in:

- One team activity
- One individual activity
- One additional team OR individual activity

Also, towards the end of the course, a moderator will visit the school to observe the class taking part in certain sports. This is to check the practical grades your teachers have awarded you are correct. Therefore, it is important that you perform you best on the day. But don't worry, your teachers will work with you to ensure the moderation day runs smoothly!

Although the sports you choose to submit will almost certainly be different that what you imagine them to be now, it is good to know your current strengths. Which sports would you choose today?

- 1.
- 2.
- 3.



Assessment Objectives

Your assessments will be designed to test you against Performance Objectives:

Performance Objectives:

AO1 - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2 - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3 - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

AO4 - Demonstrate and apply relevant skills and techniques in physical activity and sport.

Analyse and evaluate performance.

Weightings of performance objectives remain approximately consistent year-on-year. This table shows you what to expect and prepare for:

Assessment Objective	Paper 1	Paper 2	Practical Performance	PEP	Overall weighting
AO1	15%	10%	/	/	25%
AO2	12%	8%	/	/	20%
AO3	9%	6%	/	/	15%
AO4	/	/	30	10	40%
Overall weighting	36%	24%	30%	10%	100%



Examined 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 and Body Systems

Component 2 - Health and Performance

At the end of year 11 you will take two written exams, one for each component. Paper 1 is worth 80 marks and Paper 2 is worth 60 marks.

Each exam will contain a mix of multiple choice, short exam questions worth 1-4 marks and extended questions worth 9 marks. You must answer these questions in different ways in order to gain maximum marks.

However, for every question, pay close attention to two aspects:

- Number of marks available
- Wording of the question



If you can learn how to decipher exam questions then this will massively improve your chances of succeeding in your GCSE PE exams

What's Assessed?

Paper 1: Fitness & Body Systems

- Applied Anatomy and Physiology (4 Topics)
- Movement Analysis (2 Topics)
- Physical training (6 Topics)
- Use of data

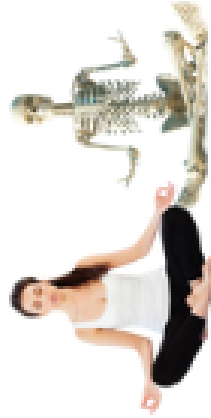
Paper 2: Socio-Cultural Influences & Well-Being in Physical Activity & Sport

- Health, Fitness & Wellbeing (3 Topics)
- Sport Psychology (4 Topics)
- Socio-cultural influences (3 Topics)
- Use of data



Component 1

Skeletal System



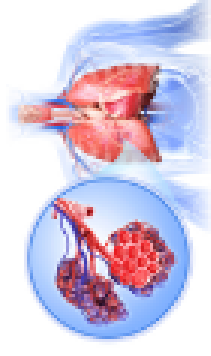
Muscular System



Cardiovascular System



Respiratory System



Components of Fitness



Planes & Axes



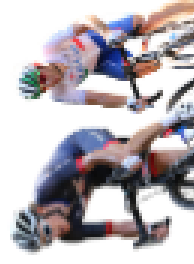
Lever Systems



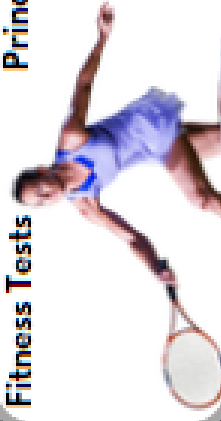
The Effects of Exercise



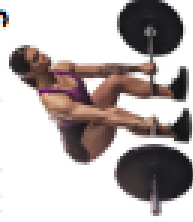
**Anaerobic v
Aerobic Exercise**



Fitness Tests



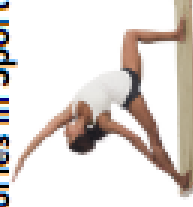
Principles of Training



Training Methods & Fitness Classes



Injuries in Sport



Component 2

Health & Fitness



Well Being & Lifestyle Choices



Consequences of a Sedentary Lifestyle



Energy Use, Diet & Nutrition



Feedback & Mental Preparation



Guidance



Practice & Goal Setting



Classification of Skill



Engagement Patterns



Commercialisation



Socio Cultural Issues



Command Words

Command words and phrases used in exams will tell you how you should answer the question. These will be similar to questions in your other subjects, so you will quickly get used to them.

Command Word	Definition
Assess	Provide reasoned argument of factors to reach a judgement regarding their importance to the question context.
Analyse	Separate information into components and identify their characteristics
Calculate	Work out the value of something
Compare	Identify similarities and/or differences
Complete	Finish a task by adding to given information
Consider	Review and respond to given information
Define	Specify meaning
Describe	Set out characteristics
Discuss	Present key points about different ideas or strengths and weaknesses of an idea
Draw	To produce, or add to, a diagram
Evaluate	Provide a judgement from available evidence
Explain	Set out purposes or reasons
Give	Produce an answer from recall
Identify	Name or otherwise characterise
Illustrate	Present clarifying examples
Interpret	Translate information into a recognisable form
Justify	Support a case with evidence
Label	Provide appropriate names on a diagram
Name	Identify using a recognised technical term
Plot	Mark on a graph
Outline	Set out main characteristics
Sketch	Draw approximately
Suggest	Present a possible case/solution/explanation
State	Express clearly and briefly



Short Exam Questions

1 Mark Questions

These questions can require 1 word or 1 phrase within the answer. There is no need for further explanation. Let's take a look at some examples:

Question: Give an example from the skeleton of where a ball and socket joint can be found. (1 mark)



This question can be answered using one word only. There is no need to elaborate any further.

Answer: Hip OR Shoulder

One word will not be enough to answer this question. A short definition should be given but there is no need to provide examples or further information.



Question: Define the term gamesmanship. (1 mark)

Answer: Gamesmanship is where the performer tries to 'bend' the rules without breaking them.

2/3 Mark Question

2 and 3 mark questions might ask for the following:

- Separate points
- One point, followed by an explanation

'State 2' is the important phrase within this question. It is clearly asking for two points and no explanation or further information is required.



Question: State two negative effects of the lack of sleep on physical health and well-being. (2 marks)

Answer: Any two from:
Increased risk of heart disease
High blood pressure
Increased risk of stroke
Increased risk of obesity

Question: Explain why it is important for a weightlifter to consider the timing of their protein intake. (3 marks)

Example Answer:

Mark One: Protein intake allows the weightlifter's muscles to repair/grow



For this question, two marks can be gained for explaining the importance of protein intake for a weightlifter.

Mark Two: Protein should be consumed soon after exercise



The third mark can be gained by making a link to how protein impact will impact performance

Mark Three: Therefore the weightlifter will recover from training quickly and performance will be improved.



4/5 Mark Questions

These are rare in exams but may come up. These types of question might require you to do one of the following:

- Make a number of short points
- Make a point followed by an explanation
- Weigh up the advantages and disadvantages on the topic given

These are very similar to 3 mark answers but with a slightly longer answer given with a little bit of extra detail.

Question: Explain two reasons why massed practice would be suitable for use with an experienced basketball player. (4 marks)

Example Answer:

Mark One - The experienced player will have a high level of fitness

Mark Two - Therefore massed practice will help to reinforce skill whilst tired/fatigued

Mark One - The performer will be highly motivated

Mark Two - Therefore they can cope with the repetitive nature of the practice

Two separate points will be required in the answer. Each point should also be explained.



Question: Describe the differences between the pulmonary artery and the pulmonary vein. (4 marks)

When answering this question, equal weighting should be given to statements regarding the pulmonary artery and the pulmonary vein

Example Answer:

Descriptions of the pulmonary artery - max. 2 marks from:

- Carries deoxygenated blood
- Carries blood from the heart to the lungs
- Carries blood from the right ventricle
- Carries blood at high pressure
- Has thick walls

Descriptions of the pulmonary vein - max. 2 marks from:

- Carries oxygenated blood
- Carries blood from the lungs to the heart
- Carries blood to the left atrium
- Carries blood at low pressure
- Has thin walls



Extended Exam Questions (9 Markers)

In each of your **Component One** and **Component Two** GCSE PE exams you will have one **9-mark question**.

The **9 Mark Question** will only focus on a specific topic area.

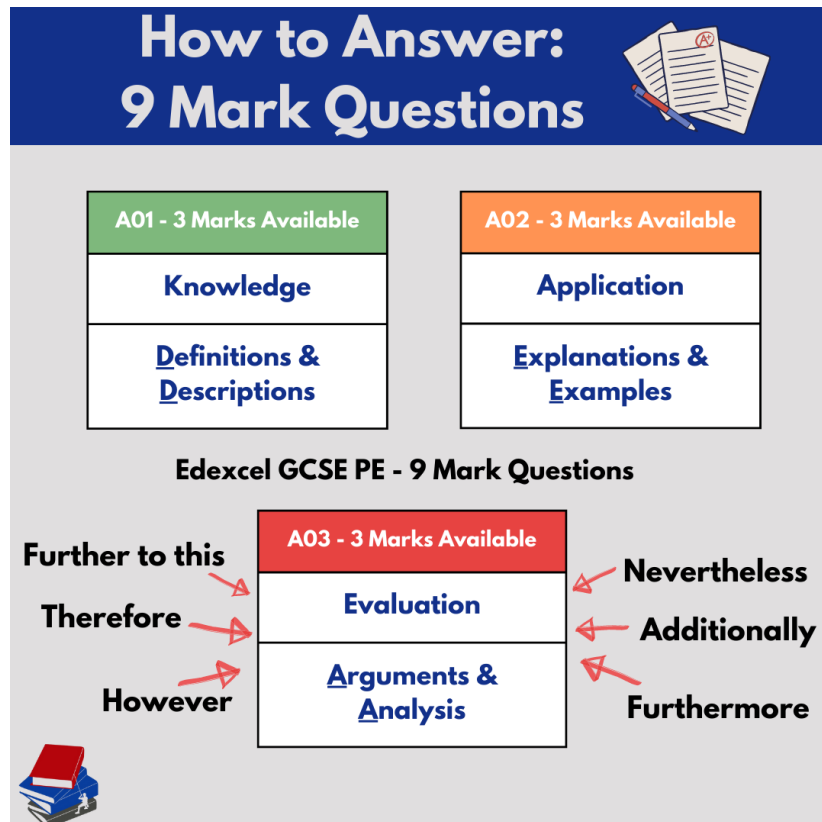
For **Component One** the **9 mark question** will cover a topic within the unit: **Physical Training**. For **Component Two** the **9 mark question** will cover a topic within the unit: **Sport Psychology** and/or **Socio-Cultural Influences**.

When answering a **9-mark question** it is important to consider **A01, A02** and **A03**.

A01 marks are given for showing knowledge. This may be in the form of simple statements in response to the question, such as definitions and descriptions. You can gain **3 marks for A01** when answering a **9-mark question**.

A02 marks are given for application. This may be in the form of explanations and examples from sport. You can gain **3 marks for A02** when answering a **9-mark question**.

A03 marks are given for evaluation. This may be in the form of arguments and analysis. You can gain **3 marks for A03** when answering a **9-mark question**.



In terms of the layout of your answer, this is completely up to you and will not have an impact on the marks that you gain. However, you may find it easier to structure your answer by splitting it into 3 paragraphs. Each paragraph should include a point (**A01**), explanation (**A02**) and evaluation (**A03**).



Fitness Tests - Example Answer

Tennis players require a high level of fitness to be successful. Discuss the suitability of using the fitness tests shown below in order to assess the fitness of tennis players for their sport. (9 marks)

Illinois Agility Test. Hand Grip Dynamometer. Vertical Jump.

A01 = 3, A02 = 3, A03 = 3

Paragraph 1 (3 marks)

A01 – The Illinois Agility test involves short sprints and turns through a designated course. It tests the component of fitness agility.

A02 – The Illinois agility test is suitable for tennis as the short, sharp movements of the whole body closely replicate the movement that a tennis player requires during a match.

A03 – A tennis player will require agility when moving from side to side in order to play a shot, or when moving towards the net in order to play a volley. To make the Illinois agility test even more specific to the sport of tennis, a player could perform this test whilst holding their racket. This will closely simulate a match situation.

A01 - Describe each test outlined in the questions and the component of fitness that it measures

A02 - Explain the relevance of each test to the sport of tennis

A03 - Evaluate the pros and cons of each test for a tennis player. In particular, consider the limitations of using each test or how they could be adapted to become more suitable

Paragraph 2 (3 marks)

A01 – The hand grip dynamometer test involves gripping and squeezing a small device which will measure a performer's strength.

A02 – The hand grip dynamometer test is suitable for a tennis player as it closely simulates the grip that they will have whilst holding their racket. Hand and wrist strength will be measured.

A03 – A tennis player requires good strength in order to play powerful shots which will result in them winning points. However, the weakness of the hand-grip test is that it only measures hand/wrist strength. A tennis player also requires strength in their upper and lower bodies and they should also test strength or power in these areas.

Paragraph 3 (3 marks)

A01 – The vertical jump test involves a performer jumping up as high as possible. This test measures power in the legs (particularly the quadriceps).

A02 – This test will be suitable to a tennis player as leg power is of high importance, particularly during serves and smash shots. Playing powerful serves and shots are likely to result in more points won.

A03 – Although this test will be useful for tennis players, they will also need to test the power in their arms and upper body. It may be more beneficial to test the speed of their serve as this will be a very specific test for their sport that they can then repeat after following a training programme.



Ethical Issues in Sport - Example Answer

'Sportsmanship, gamesmanship and deviance are types of behaviour regularly seen in sport.

Using examples from sport, evaluate the impact of each type of behaviour on younger spectators. (9 Marks)



A01 = 3 Marks A02 = 3 Marks A03 = 3 Marks

Paragraph 1 (3 marks)

A01 – Sportsmanship refers to fair and generous behaviour.

A02 – Shaking hands at the end of a match in football or being honest about the number of shots you have taken in golf are both examples of sportsmanship.

A03 – Sportsmanship is vitally important in sport as it sets a good example for younger spectators who see sport in the media. If sportsmanship is copied by children then sport is more likely to be enjoyed, which means that people decide to continue to participate.

A01 - Describe each type of behaviour

A02 - Give examples of each type of behaviour in a sporting context

A03 - Evaluate the impact of each type of behaviour on younger spectators. Why should/shouldn't each type of behaviour be displayed

Paragraph 2 (3 marks)

A01 – Gamesmanship is the use of dubious methods to win or gain an advantage within a sport.

A02 – An example could be taking extra time between points in tennis in order to upset your opponent's rhythm, or walking across the line of your opponent's ball in golf.

A03 – Although gamesmanship isn't officially cheating, it can set a bad example to younger spectators. For example, if time-wasting is copied by younger performers, this can create a bad atmosphere during matches or events. In turn, this might result in less people choosing to participate in sport.

Paragraph 3 (3 marks)

A01 – Deviance in sport is behaviour that falls outside the norms of what is thought to be acceptable. Negative deviance is going against the norms by deliberately breaking the rules of a sport.

A02 – An example of negative deviance could be diving in football in order to gain your side a penalty, or deliberately injuring an opponent with a high tackle in rugby

A03 – Negative deviance is against the rules and does not set a good example for younger spectators. Role models should not display this type of behaviour as it will be copied at a grassroots level and will result in foul play, cheating and a win-at-all costs attitude. This is against the ethics and values of sport.





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