

AQA GCSE PE

Theory - 60%

Practical - 30%

Coursework - 10%

Paper 1 - The Human Body & Movement in Sport

1h 15 minute exam

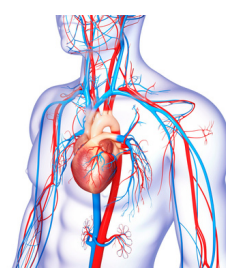
Skeletal System



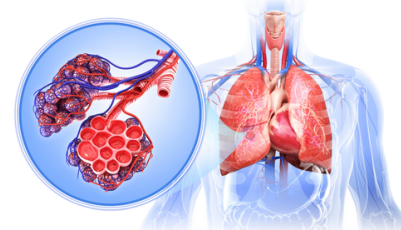
Muscular System



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



Injuries in Sport



Paper 2 -Socio- cultural Influences and Well-being in Sport

1h 15 minute exam

Ethics in Sport



Health, Fitness and Wellbeing



Consequences of a
Sedentary Lifestyle



Energy Use, Diet & Nutrition



Mental
Preparation



Guidance & Feedback



Practice & Goal Setting



Classification of Skill



Practical Performance Assessment

Engagement Patterns



Commercialisation



Socio Cultural Issues



Performance assessment in 3 activities: 1 team, 1 individual and another of choice. Assessed in skills and progressive drills and in competition/match play based on use of relevant skills and tactics and adherence to rules.

Performance Analysis Assessment

Analyse and evaluate performance in an activity to identify strengths and weaknesses, to produce an action plan in order to improve/optmise performance.

