



# Presdales GCSE Physical Education Journey

## AQA GCSE PE Curriculum Map Overview

### Examination

There are two papers for GCSE PE, both of which are 1hr 15mins. Paper 1 covers Applied Anatomy & Physiology, Movement Analysis and Physical Training. Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.

### Moderation/Revision

Learners will prepare all practical videos/sports and coursework in preparation for Moderation by AQA. Learners will revise all subject content and 6/9 markers in the lead up to the exams.

### Ethical Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and etiquette. The effects of drugs in sport and why performers take them will be understood along with reasons for hooliganism and strategies to combat it.

### Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport. Learners will also understand the positive and negative impacts of technology.

## A Level PE

### Year 10 MOCK Exam

Learners will take a Paper 1 and Paper 2 MOCK exams to demonstrate knowledge of content learnt this year. Students will then reflect on their exams and start the analysis part of the coursework.

**Year 11**

### Physical Training

Learners will be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury. Learners will understand what altitude training is and how-to warm-up and cool-down safely.

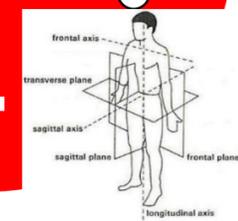
### Coursework evaluation

### Socio-cultural Influences

Learners will develop their knowledge and understanding of the engagement patterns of different social groups and factors/barriers affecting participation in Sport.

### Movement Analysis

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.



### Physical Training

Learners will develop their knowledge and understanding of the components of fitness required for physical activities and how each can be measured (fitness tests).

### Aerobic and Anaerobic Exercise

Learners will develop knowledge of the difference between aerobic and anaerobic exercise. Learners will know the short and long-term effects of exercise on the body system and the best recovery process from vigorous exercise.

### Health and Fitness

Learners will understand the impact of obesity on health and well-being and sport. Learners will know about the 3 somatotypes for different sports performers. Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.

### Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.

### Health and Fitness

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.

**Year 10**

### Anatomy & Physiology

Learners will develop knowledge and understanding of bones, muscles and joints that are important to physical activity.

### Cardio-Respiratory

Learners will develop knowledge and understanding of the structure and function of the cardio-respiratory system. This includes gaseous exchange, breathing, lung volumes, blood vessels and the cardiac cycle.

### GCSE Physical Education Breakdown

**Examination (Paper 1 and 2) – 60%**  
**Practical Assessment – 30%**  
**Analyse & Evaluate (Coursework) – 10%**

### Practical Assessment (30%)

For GCSE PE, you will need to be assessed in 3 sports, with a maximum of two from either the Individual or Team category.

We require the sports you do outside of school to be filmed for video evidence.

The list of available sports is on the AQA GCSE PE Specification.

### Analyse & Evaluate (Coursework) (10%)

For one sport, you will need to write a piece of coursework to demonstrate your ability to analyse and evaluate your own performance.

You will need to include:

- Evaluate 2 strengths and 2 weaknesses of your performance.
- Produce an action plan which aims to improve the quality and effectiveness of the 2 weaknesses identified

Your GCSE Physical Education Journey starts here ...