# **King Ecgbert School: GCSE PE Curriculum Map (AQA)**





**Exam preparation session** with former examiner



GCSE Paper 1 and paper 2

A Level PE

**BTEC Sport Level 3** 

Consolidation of learning and revision (Paper 1 & Paper 2)

**NEA Final Practical** Assessments



Sport Psychology classification of skills (Paper 2)

- The use of goal setting and SMART targets to improve and/or optimise performance
- Basic information processing
- guidance and feedback on performance
- mental preparation for performance



Y11 February mock exam

**NEA Coursework** 



Y11 November mock exam



#### Health, fitness and well-being (Paper 2)

- Physical, emotional and social health, fitness and wellbeing Consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration



Year 11

Socio-cultural influences (Paper 2)

Ethical and socio-cultural issues in physical activity and sport

collected – both qualitative and quantitative. Analyse and evaluate data

Ongoing NEA Practical **Assessments** 



Socio-cultural influences (Paper 2)

- Engagement patterns of different social groups in physical activity and sport
- Commercialisation of physical activity



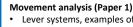


mock exam

Applied anatomy and physiology (Paper 1)

The structure and functions of

- musculoskeletal system
- cardio-respiratory system



- Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.
- Planes and axes of movement



- Principles of training and their application to personal exercise/training programmes How to optimise training and prevent injury
- Training methods
- Effective use of warm up and cool down



- Anaerobic and aerobic exercise
- The short- and long-term effects of exercise

Year **10** 



**Ongoing NEA Practical Assessments** 



- The relationship between health and fitness and the role that exercise plays in both.
- Components of fitness, benefits for sport and how fitness is measured and improved

Your GCSE Physical Education Journey starts here ...

### **GCSE Physical Education Breakdown**

- Examination 60%
- Practical Assessment 30%
- Analyse & Evaluate Performance 10%

## Exams (60%)

- 30% Paper 1 The human body and movement in physical activity and sport
- 30% Paper 2 Socio-cultural influences and well-being in physical activity and sport

## **Practical Assessment (30%)**

- THREE sports, with a maximum of two from either the Individual or Team category.
- Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.
- The list of available sports and more information of off-site video evidence can be found on the AQA website (under GCSE PE Specification).

## Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.

This will include:

- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
  - Produce an action plan which aims to improve the quality and effectiveness of the performance.