

G.C.S.E. P.E. – Ace Your Exams



LATIMER
SPORT



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Overview

GCSE P.E looks into the how and why of physical activity and sport, engaging the students in a range of sporting concepts.

The students will cover theory content to include:

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

Alongside the theoretical content they have the chance to perform in a range of sports to find their best 3.

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Paper 1

The human body and movement in physical activity and sport

Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport. They will also develop an understanding of basic principles of movement.

They also develop skills in data analysis, and gain an understanding of the principles of training, why we train in different ways and how training plans can be made to get the best results.

There are four topics:

- Applied anatomy and physiology
- Movement Analysis
- Physical training
- Use of Data

Exam – 1hour 15 minutes
78 Marks
30% of GCSE

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Paper 2

Socio-cultural influences and well-being in physical activity and sport

Students should develop their knowledge and understanding of the psychological factors that can affect performers in physical activity and sport. They will also develop understanding of the socio-cultural factors that impact on a performer.

This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.

There are four topics:

- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of data

Exam – 1hour 15 minutes
78 Marks
30% of GCSE



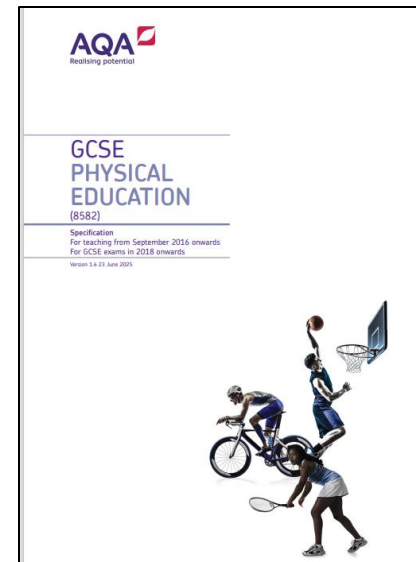
Non Exam Assessment - Practical

Students are assessed in a range of sports throughout Year 10 and 11 by their teachers. They will then have 3 sports selected as their best performing activities which will count towards their final grades.

In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.



It is essential to provide additional video footage to support top level performance. This should be in a fully competitive situation and in player cam style.



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Analysis and Evaluating Performance

Students are required to demonstrate their ability to analyse and evaluate their own or a peers practical performance to produce an action plan for improvement.

They will spend time in a computer room planning and completing their coursework.



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Assessment in GCSE PE

Exams

Non-Exam Components

Paper 1

30%

Paper 2

30%

Sport 1

10%

Sport 2

10%

Sport 3

10%

AEP

10%

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Support

Purchase a revision guide.

- They provide clear notes with some useful pointers on how to approach the exams
- Some come with a workbook you can purchase to allow exam practice
- The Exam board we cover is AQA so make sure it is one that is AQA specific



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Further support

Keep encouraging them to play a sport outside of school or join a club in school to develop skills/ tactics and knowledge of the activity.

- Students who perform *technically* well In all 3 sports will maximise the 30% available

Keep recapping the content with them as they go through the course using their notes.

- This should be at regular intervals – Not just when they have an end of topic test
- Assist them in their revision techniques – Flash Cards/ Mind maps (Don't just read notes)
- Test them on Key Vocabulary using the AQA Key Words List

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Further support

Do have regular conversations surrounding the content of the course to allow them to apply it to the wider world of sport

Do encourage them to continue to use GCSE Pod, SENECA and Quizlet learning platforms.

These are all free and easily accessible



gcsepod
education on demand



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Thank you for
attending this evening

PLEASE FEEL FREE TO TAKE A HANDOUT

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