KINGSWINFORD ACADEMY
ASPIRE TO EXCELLENCE

Year 11 Achieve Excellence - Parent Support Guide
GCSE PE

Key Exam Information:
Exam Board: AQA - AQA PE Specification
Key Specific Vocabulary and Definitions - AQA GCSE PE Definitions

Assessment:

Exam 60%:

Paper 1- **The human body and movement in physical activity and sport** (78 Marks, 1 hr 15 mins)

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Paper 2 - **Socio-cultural influences and well-being in physical activity and sport**
(78 Marks, 1 hr 15 mins)

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

Practical 30% and coursework 10%:

- One activity must be a team activity - 10%
- One activity must be an individual activity - 10%
- The third activity can be either team or individual - 10%
- Analysis of performance (coursework) - 10%

Course Overview:

Paper 1: The Human Body and Movement in Physical Activity and Sport

- Understand and explain **anatomy and physiology** (skeletal, muscular, cardiovascular, respiratory systems)
- Knowledge of **movement analysis** (types of movement, planes, and axes)
- Understanding **physical training principles** and fitness components
- Apply knowledge to **health, fitness, and training**
- Interpret and analyse **data and graphs** related to physical activity
- Use **key terminology** accurately
- Evaluate effects of exercise on the body

Paper 2: Socio-cultural Influences and Well-being in Physical Activity and Sport

- Understand **socio-cultural factors** affecting participation (e.g., gender, ethnicity, socioeconomic status)
- Knowledge of **sports psychology** (motivation, anxiety, personality)
- Understand **health, fitness, and well-being concepts** (diet, lifestyle, mental health)
- Evaluate **commercialisation and ethics** in sport
- Apply knowledge to real-life **sports contexts and scenarios**
- Use evidence and examples to support answers
- Analyse impacts of social influences on sport participation

Key content/ skills covered:

- Answer questions clearly and concisely
- Use key PE terminology accurately AQA GCSE PE Definitions
- Explain and justify answers with examples
- Interpret graphs, tables, and data effectively
- Apply theory to practical or real-life scenarios
- Evaluate and analyse information critically
- Manage time well to complete all questions
- Structure longer answers logically
- Use command words properly (e.g., describe, explain, evaluate)

Paper	Focus	Revision Links
Paper 1:	• Applied anatomy and physiology	**Muscular system** **Skeletal system** **Cardiovascular system** **Respiratory system** **Aerobic and anaerobic exercise** **Effects of exercise** **Mini Topics - Videos** **AQA GCSE PE Definitions**
	• Movement analysis	**Movement analysis** **Mini Topics - Videos** **AQA GCSE PE Definitions**

	• Physical training	**Health, fitness and exercise** **Principles of training** **Methods of training** **Injury prevention** **Mini Topics - Videos** **AQA GCSE PE Definitions**
Paper 2:	• Sports psychology	**Classification of skill** **Guidance** **Feedback** **Stress management techniques** **SMART targets & goal setting** **Mini Topics - Videos** **AQA GCSE PE Definitions**
	• Socio-cultural influences	**Factors affecting participation** **Sporting behaviour** **Commercialisation and sponsorship** **Technology in sport** **Mini Topics - Videos** **AQA GCSE PE Definitions**
	• Health, fitness and well-being	**Health and well-being** **Sedentary lifestyles** **Diet and nutrition** **Mini Topics - Videos** **AQA GCSE PE Definitions**

Deadlines:

- All videos which may be needed for the practical element need to be submitted by the Christmas holidays *(e.g. sports which your child plays outside of school which we don't do in school)*
- *Coursework to be completed by Christmas holidays.*

Links to past papers and revision guides:
Past Papers - AQA Past Papers

Links to revision sites/ resources:
Encourage students to make use of the extensive resources available on their google classroom, complete exam questions and use the revision guide.

Past Papers - AQA Past Papers
GCSE Bitesize - AQA PE Revision
Revision Videos - Ever learner AQA PE Videos
Online Revision - Seneca Learning
Key Specific Vocabulary and Definitions - AQA GCSE PE Definitions
Exam techniques - Top tips from BBC bitesize
BBC bitesize - Questions

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