



**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:	<ul style="list-style-type: none"><li>• Applied anatomy and physiology</li></ul>	<a href="#">Muscular system</a> <a href="#">Skeletal system</a> <a href="#">Cardiovascular system</a> <a href="#">Respiratory system</a> <a href="#">Aerobic and anaerobic exercise</a> <a href="#">Effects of exercise</a>  <b>Mini Topics - Videos</b> <a href="#">AQA GCSE PE Definitions</a>
	<ul style="list-style-type: none"><li>• Movement analysis</li></ul>	<a href="#">Movement analysis</a>  <b>Mini Topics - Videos</b> <a href="#">AQA GCSE PE Definitions</a>

	<ul style="list-style-type: none"> <li>Physical training</li> </ul>	<a href="#">Health, fitness and exercise</a> <a href="#">Principles of training</a> <a href="#">Methods of training</a> <a href="#">Injury prevention</a>  <b>Mini Topics - Videos</b> <a href="#">AQA GCSE PE Definitions</a>
<b>Paper 2:</b>	<ul style="list-style-type: none"> <li>Sports psychology</li> </ul>	<a href="#">Classification of skill</a> <a href="#">Guidance</a> <a href="#">Feedback</a> <a href="#">Stress management techniques</a> <a href="#">SMART targets &amp; goal setting</a>  <b>Mini Topics - Videos</b> <a href="#">AQA GCSE PE Definitions</a>
	<ul style="list-style-type: none"> <li>Socio-cultural influences</li> </ul>	<a href="#">Factors affecting participation</a> <a href="#">Sporting behaviour</a> <a href="#">Commercialisation and sponsorship</a> <a href="#">Technology in sport</a>  <b>Mini Topics - Videos</b> <a href="#">AQA GCSE PE Definitions</a>
	<ul style="list-style-type: none"> <li>Health, fitness and well-being</li> </ul>	<a href="#">Health and well-being</a> <a href="#">Sedentary lifestyles</a> <a href="#">Diet and nutrition</a>  <b>Mini Topics - Videos</b> <a href="#">AQA GCSE PE Definitions</a>

### Deadlines:

- All videos which may be needed for the practical element need to be submitted by December 12th 2025 (e.g. sports which your child plays outside of school which we don't do in school)
- Coursework to be completed by November 28th 2025.

### 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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