

GCSE Physical Education

AQA

Areas to Revise

PAPER 1

- ▶ The structure of the musculoskeletal system
- ▶ The structure and functions of the cardio-respiratory system
- ▶ Anaerobic and aerobic exercise
- ▶ The short and long term effects of exercise
- ▶ Lever systems
- ▶ Planes and axes of movement
- ▶ Health and fitness
- ▶ The components of fitness
- ▶ The principles of training
- ▶ How to optimise training and prevent injury
- ▶ Effective use of warm up and cool down

PAPER 2

- ▶ Classification of skills
- ▶ The use of goal setting and SMART targets
- ▶ Basic information processing
- ▶ Guidance and feedback on performance
- ▶ Mental preparation for performance
- ▶ Engagement patterns of different social groups in physical activity and sport
- ▶ Commercialisation of physical activity and sport
- ▶ Ethical and socio-cultural issues
- ▶ Physical, emotional and social health, fitness and well-being
- ▶ The consequences of a sedentary lifestyle
- ▶ Energy use, diet, nutrition and hydration

YR 11 GCSE PE – Exam Preparation

HOW SHOULD I REVISE?

- As **ACTIVELY** as possible!!!
- Revision is **NOT** just re-reading your notes/textbooks/revision guides

WHERE SHOULD I REVISE?

In a quiet room (maybe a bedroom) with:

- A comfortable temperature
- Good lighting
- A table
- A clock

WHICH TECHNIQUE SHOULD I USE

Choose the technique that **works best for you!**

Mind Maps, Revision Cards, Make Notes, Clear layout,
Use Highlighters, Use Diagrams, Use Class Notes,
Revision Guides.

**Reinforcing your memory – get someone to test you
from the notes / cards / mind maps / revision posters**

GCSE PE- Exam Questions

Exam marks are awarded by using something called Assessment Objectives (AO's)

As questions get harder, there are more marks available and AO's to hit !

AO1:

- These questions will require you to define, name, or state something

AO2:

- These questions will require you to apply basic knowledge to specific sporting examples

AO3:

- These questions will require you to justify your examples and analyse/evaluate their importance

EXAMPLE QUESTION

Using your knowledge of agility and reaction time, evaluate the importance of these components of fitness

for performers in the 100m sprint.

AO1 – Define agility and reaction time

AO2 – Say how agility and reaction time would or would not help a 100m sprinter

AO3 – Analyse why they are important e.g. The need for agility and changing direction is unlikely. However athletes may change positioning within their own lane. Reaction time is a major component impacting on overall time taken to complete the 100m sprint, however it is still possible to win a race with a poor reaction time.

AGILITY

The ability to **change direction** quickly and efficiently without loosing **balance**.

Who needs agility? - **RUGBY PLAYER**
To be able to dodge around the defenders to get to the try line.

QUESTION ON AGILITY.

1. Name two sports where agility is a key component of fitness. (2 marks)
2. For each of the named sports in Q1, explain how agility can enable you to gain an advantage over your opponent. (2 marks)