

AQA GCSE PE

The course that we follow is designed to:

- ✚ encourage students to be inspired, moved and changed by following a broad, coherent, satisfying and worthwhile course of study and to develop an awareness and appreciation of their own and others' cultures in relation to physical education
- ✚ encourage creativity and decision-making skills to enable students to plan effectively for performances and to respond to changing situations
- ✚ prepare students to make informed decisions about further learning opportunities and career choices
- ✚ enable students to become increasingly physically competent through being actively engaged in a range of physical activities, and to become increasingly effective in their performance in different types of physical activity and roles such as player/participant, leader and official
- ✚ enable students to develop their ability to engage independently and successfully in different types of physical activity, and to develop and maintain their involvement in physical activity as part of a healthy, active lifestyle.

The course covers the following units:

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

1. Applied anatomy & physiology
2. Movement analysis
3. Physical training
4. Use of data

How it's assessed:

- Written exam: 1 hour 15 minutes
- 78 marks
- 30% of GCSE

Paper 2: Socio-Cultural Influences & well-being in Physical Activity & Sport

1. Sports psychology
2. Socio-cultural influences
3. Health, fitness & well-being
4. Use of data

How it's assessed:

- Written exam: 1 hour 15 minutes
- 78 marks
- 30% of GCSE

Non-exam Assessment: Practical Performance in Physical Activity & Sport

1. Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or an individual activity)

2. Analysis and evaluation of performance to bring about improvement in one activity

How it's assessed

- Assessed by teachers
- Moderated by AQA
- 100 marks
- 40% of GCSE

Team Activity List:

Association Football	Badminton	Basketball
Camogie	Cricket	Dance
Gaelic Football	Handball	Hockey
Hurling	Lacrosse	Netball
Rowing	Rugby League	Rugby Union
Squash	Table Tennis	Tennis
Volleyball		

Individual Activity List

Amateur Boxing	Athletics	Badminton
Canoeing/Kayaking	Cycling	Dance
Diving	Golf	Gymnastics
Equestrian	Rock Climbing	Sculling
Skiing	Snowboarding	Squash
Swimming	Table Tennis	Tennis
Trampolining		