

Exam board information	
Structure of exam	
<p>GCSE PE is divided into two areas:</p> <p>A: (Theory) – 60% (156 marks)</p> <p>Paper 1 = 30%. 78 marks 1h 15 minutes</p> <ol style="list-style-type: none"> 1. A & P 2. Movement analysis 3. Physical training 4. Use of data <p>Paper 2 = 30% 78 marks 1h 15 minutes</p> <ol style="list-style-type: none"> 1. Use of data 2. Sports psychology 3. Socio-cultural influences 4. Health, fitness and well-being <p>B: (Practical) – 40%</p> <p>Practical performance in 3 sports:</p> <ol style="list-style-type: none"> 1. Individual 2. Team 3. Individual or team <p>Analysis and Evaluation of performance to bring about improvement in one activity</p>	
Exam paper links	Useful website/books/apps
	<p>https://www.bbc.com/bitesize/examspecs/zp49cwx</p> <p>EverLearner:</p> <p>https://www.youtube.com/@TheEverLearner</p> <p>Youtube - Planet PE -</p> <p>https://www.youtube.com/channel/UCZYCR8YjZlb5S3DMZW3u7g</p> <p>Seneca</p>
How to revise	Tips to answer common/extended questions
<p>AO1</p> <p>Flash Cards – know your key words and definitions</p> <p>Recall – test your memory on all topics e.g. name all 10 fitness components</p> <p>AO2</p> <p>Can you apply each section of the theory to a practical example</p>	<p>Know your commands words:</p> <p>Analyse – Separate information into components and identify their characteristics.</p> <p>Apply – Put into effect in a recognised way.</p> <p>Assess – Make an informed judgement.</p> <p>Define –Specify meaning.</p> <p>Discuss – Present key points about different ideas or</p>

<p>AO3</p> <p>Can you write down the positives and the negatives</p> <p>Can you justify your point with example and evidence</p> <p>Can you link theory topics together</p>	<p>strengths and weaknesses of an idea.</p> <p>Evaluate – Judge from available evidence. Explain – Set out purposes or reasons.</p> <p>Identify – Name or otherwise characterise.</p> <p>Justify – Support a case with evidence.</p> <p>State – Express clearly and briefly.</p> <p>Evaluate Questions: DEAAP</p> <ul style="list-style-type: none"> • Define – define the key word(s) in the question • Explain/apply – either explain the theory topic in further details or apply to a sporting example • Affect Performance – how does this theory section affect performance? • Positive or negative? Can you give both sides of the argument?
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