

Year 11 GCSE Physical Education

Paper 1: The human body and movement in physical activity and sport	Paper 2: Socio-cultural influences and well-being in physical activity and sport
<p>What's assessed</p> <ul style="list-style-type: none"> • <u>Applied anatomy and physiology</u> (<i>musculoskeletal system, cardio-respiratory system, anaerobic and aerobic exercise, short and long term effects of exercise</i>) • <u>Movement analysis</u> (<i>levers, movement in sporting activities, planes and axes of movement</i>) • <u>Physical training</u> (<i>health and fitness, components of fitness, fitness testing, principles of training, types of training, optimising training levels, prevention of injury, seasonal aspects of training, warming up and cooling down</i>) • <u>Use of data</u> (<i>quantitative and qualitative data, presenting data, analysis and evaluation of data</i>) 	<p>What's assessed</p> <ul style="list-style-type: none"> • <u>Sports psychology</u> (<i>classification of skill, types of goals, SMART targets, information processing model, guidance and feedback, arousal, aggression, personality types, motivation</i>) • <u>Socio-cultural influences</u> (<i>social groups, commercialisation, sponsorship, media, technology, conduct of performers, drugs in sport, spectator behaviour</i>) • <u>Health, fitness and well-being</u> (<i>links between participation in sport and well-being, consequences of a sedentary lifestyle, obesity, somatotypes, energy use, nutrition, reasons for hydration</i>)
<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 1 hour 15 minutes • 78 marks • 30% of GCSE 	<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 1 hour 15 minutes • 78 marks • 30% of GCSE
<p>Questions</p> <ul style="list-style-type: none"> • Answer all questions. • A mixture of multiple choice/objective test questions, short answer questions and extended answer questions. 	<p>Questions</p> <ul style="list-style-type: none"> • Answer all questions. • A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

Revision Resources

- BBC Bitesize - <http://www.bbc.co.uk/education/subjects/znyb4wx>
- GCSE PE Folder
- Text Book
- Revision Guide - [Amazon link](#)



