



Physical Education

Examination Board: AQA

Examination Code: 8582

Outline of the Course

Year 10: Paper 1 (Topics Studied in Order)

Applied Anatomy and Physiology

1. The structure and functions of the musculoskeletal system.
2. The structure and functions of the cardio-respiratory system.
3. Anaerobic and aerobic exercise.
4. The short- and long-term effects of exercise.

Movement Analysis

5. Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.
6. Planes and axes of movement.

Physical training

7. The relationship between health and fitness and the role that exercise plays in both.
8. The components of fitness, benefits for sport and how fitness is measured and improved.
9. The principles of training and their application to personal exercise/training programmes.
10. How to optimise training and prevent injury.
11. Effective use of warm up and cool down.

Use of data

12. Demonstrate an understanding of how data are collected – both qualitative and quantitative.
13. Present data (including tables and graphs).

Year 11- Paper 2 (Topics Studied in Order)

Sports Psychology

1. Classification of skills (basic/complex, open/closed).
 2. The use of goal setting and SMART targets to improve and/or optimise performance.
 3. Basic information processing.
 4. Guidance and feedback on performance.
 5. Mental preparation for performance.
- ##### **Socio-cultural influences**
6. Engagement patterns of different social groups in physical activity and sport.
 7. Commercialisation of physical activity and sport.

	8. Ethical and socio-cultural issues in physical activity and sport. Health, fitness and well-being 9. Physical, emotional and social health, fitness and wellbeing. 10. The consequences of a sedentary lifestyle. 11. Energy use, diet, nutrition and hydration.
What will you learn?	Theory Paper 1: The human body and movement in physical activity and sport. 1hr 15 mins, 78 marks, 30% of GCSE Paper 2: Socio-cultural influences and well-being in physical activity and sport. 1hr 15 mins, 78 marks, 30% of GCSE Practical Practical performance in three different physical activities in the role player/performer (one in a team activity, one in an individual activity and a third in either a team or an individual activity) Analysis and evaluation of performance to bring about improvement in one activity. 40% of GCSE
How will I be assessed?	Students are assessed in 2 areas. Practical Performance and 2 Written exams. Practical Performance is 40% of the final grade and the written examination 60%.
Mark Breakdown	Theory - Written Examination 60% Practical - 3 different activities as player/performer 40%
Website links	https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification
Key Dates	Examination – May/June Year 11

**Further
Information**

Mr. S. Hodgson - Curriculum Leader for PE

Miss H. Rawlinson – Subject Teacher

Miss O. Baker – Subject Teacher

Mr. R. Dutton – Subject Teacher

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**What can I do
after I have
completed the
course?**

On completion of PE, GCSE students can progress to A Level Sports Studies which can lead to university courses in Sports Science and Psychology. The qualifications will help progression in careers in sports coaching, teaching, physiotherapy, fitness industry, police, fire service and the armed services.