



PE GCSE (AQA)

Scheme of Learning	Assessments
<p>Topic / Overarching inquiry question / Topic content</p>	<p>Assessments</p> <ul style="list-style-type: none">▪ AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.▪ AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.▪ AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.▪ AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.
<p>Applied anatomy and physiology: Musculoskeletal system</p> <p>What is the musculo-skeletal system and how does it impact on health, fitness and performance in physical activity and sport? (PLC 1.1)</p> <ul style="list-style-type: none">• Bones• Structure of the skeleton• Functions of the skeleton• Muscles of the body• Structure of a synovial joint• Types of freely moveable joints that allow different movements• How joints differ in design• How muscles work antagonistically on joints to affect movement	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam</p> <p>AO1 – 13%</p> <p>AO2 – 10%</p> <p>AO3 – 7%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>

<p>Applied anatomy and physiology : Cardio-respiratory system</p> <p>What is the cardio-respiratory system and how does it impact on health, fitness and performance in physical activity and sport? (PLC 1.2)</p> <ul style="list-style-type: none"> • Pathway of air • Gaseous exchange • Blood vessels • Structure of the heart • Cardiac cycle and pathway of blood • Cardiac output, stroke volume and heart rate • Mechanics of breathing • Interpretation of a spirometer 	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam</p> <p>AO1 – 13%</p> <p>AO2 – 10%</p> <p>AO3 – 7%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>
<p>Applied anatomy and physiology : Anaerobic and aerobic exercise</p> <p>What is anaerobic and aerobic exercise and how do we recover from them? (PLC 1.3)</p> <ul style="list-style-type: none"> • Understanding the terms • Use of anaerobic and aerobic exercise of different intensities • EPOC • Recovery process from vigorous exercise. 	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam</p> <p>AO1 – 13%</p> <p>AO2 – 10%</p> <p>AO3 – 7%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>
<p>Applied anatomy and physiology : Short and long term effects of exercise</p> <p>What are the effects of exercise on the body? (PLC 1.4)</p> <ul style="list-style-type: none"> • Immediate effects of exercise (during exercise) • Short-term effects of exercise (24 to 36 hours after exercise) • Long term effects of exercise (months and years of exercising) 	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam</p> <p>AO1 – 13%</p> <p>AO2 – 10%</p> <p>AO3 – 7%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>

<p>Movement analysis: Lever systems & Planes and axes</p> <p>What are the lever systems and planes and axes of movement and what mechanical advantage do levers provide in movement? (PLC 2.1)</p> <ul style="list-style-type: none"> • First, second and third class lever systems • Mechanical advantage • Analysis of basic movements • Identification of planes and axes 	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam AO1 – 13% AO2 – 10% AO3 – 7% (Contributes towards 30% of final grade) End of topic test</p>
<p>Physical training: Fitness and training</p> <p>What are the principles of training and training methods and how can they be used to plan, carry out, monitor and evaluate a personal exercise programme? (PLC 3.1)</p> <ul style="list-style-type: none"> • Health and fitness • Components of fitness • Fitness testing • Principles of training • Types of training 	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam AO1 – 13% AO2 – 10% AO3 – 7% (Contributes towards 30% of final grade) End of topic test</p>
<p>Physical training: Optimise training</p> <p>How can training be optimised to improve performance and prevent injury? (PLC 3.2)</p> <ul style="list-style-type: none"> • Calculate intensities • Prevent injury • Specific training techniques • Seasonal aspects • Warming up and cooling down 	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam AO1 – 13% AO2 – 10% AO3 – 7% (Contributes towards 30% of final grade) End of topic test</p>

<p>Use of data:</p> <p>How do I use data to analyse performance in physical activity and sport? (PLC 4.1)</p> <ul style="list-style-type: none"> • Quantitative data • Qualitative data • Presenting data • Analysis and evaluation of data 	<p>Assessment</p> <p>Paper 1 : 1 hour 15 minute written exam</p> <p>AO1 – 13%</p> <p>AO2 – 10%</p> <p>AO3 – 7%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>
<p>Socio-cultural influences and well-being in physical activity and sport: Sports psychology</p> <p>What are the psychological factors that can affect performers? (PLC 5.1)</p> <ul style="list-style-type: none"> • Skill and ability • Skill classification • Goal setting – SMART • Information processing • Guidance • Feedback • Arousal • Aggression • Personality types • Motivation 	<p>Assessment</p> <p>Paper 2 : 1 hour 15 minute written exam</p> <p>AO1 – 12%</p> <p>AO2 – 10%</p> <p>AO3 – 8%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>
<p>Socio-cultural influences and well-being in physical activity and sport: Socio-cultural influences</p> <p>What are the socio-cultural factors that impact on physical activity and what impact does sport have on society? (PLC 5.2)</p> <ul style="list-style-type: none"> • Engagement patterns affecting participation • Commercialisation • Sponsorship 	<p>Assessment</p> <p>Paper 2 : 1 hour 15 minute written exam</p> <p>AO1 – 12%</p> <p>AO2 – 10%</p> <p>AO3 – 8%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>

<ul style="list-style-type: none"> • Technology • Player conduct • Prohibited substances / PEDs • Spectator behaviour / hooliganism 	
<p>Health, fitness and well-being: Health and fitness</p> <p>What are the benefits of participating in physical activity? (PLC 6.1)</p> <ul style="list-style-type: none"> • Reasons for exercise • Consequences of a sedentary lifestyle • Obesity • Somatotypes • Energy use • Nutrition • Hydration 	<p>Assessment</p> <p>Paper 2 : 1 hour 15 minute written exam</p> <p>AO1 – 12%</p> <p>AO2 – 10%</p> <p>AO3 – 8%</p> <p>(Contributes towards 30% of final grade)</p> <p>End of topic test</p>
<p>Non-exam assessment (NEA): Practical performance in physical activity and sport</p> <p>The non-exam assessment (NEA) aspect of this course requires students to develop their ability and aptitude in physical activities, demonstrating appropriate skills and techniques.</p> <p>There are two aspects to the NEA:</p> <ol style="list-style-type: none"> 1. performance assessment (practical performance) 2. performance analysis assessment (analysis and evaluation) 	<p>Assessment</p> <p>AO4 – 40%</p> <p>Performance assessment (practical performance) – 75 marks</p> <p>Students are required to be assessed in three different activities in the role of player/performer only.</p> <p>One of these assessments must be in a team activity, one assessment must be in an individual activity, with the third assessment being in either a team or individual activity.</p> <p>Part 1 – Skills (10 marks per activity)</p> <p>Students must demonstrate their ability to develop and apply the core skills/techniques in increasingly demanding and progressive drills in each of their three chosen activities</p> <p>Part 2 – Full context (15 marks per activity)</p> <p>Students must demonstrate their ability to apply the core skills/techniques, specific to their position where appropriate, in the full</p>

	<p>context of each of their three chosen activities</p> <p>Performance analysis assessment (analysis and evaluation) – 25 marks Students are required to analyse and evaluate a performance in one activity.</p> <p>Analysis – strengths and weaknesses (15 marks)</p> <p>Evaluation – the use of theoretical principles to cause improvement (10 marks)</p>
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