AQA GCSE PE – Learning Journey

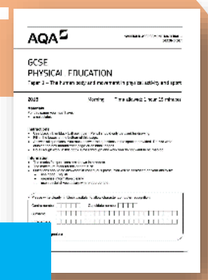




Paper 2 exam
Usually sat in June of Yr11

Paper 1 exam
Usually sat in May of Yr11

Practical moderation
Learners will complete written coursework and practical videos prior to February in Yr11. Moderation is usually completed by April in Yr111



Health, Fitness & Well-Being
Learners will develop their knowledge of how physical activity types will impact on our physical, mental and social well-being. Understanding the difference between general fitness and specific fitness with the consequences of lifestyle choices on our health examined.

Diet & Nutrition
Learners will develop an understanding of the main components of a balanced diet, including the effects these components and hydration on performers.

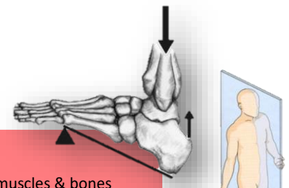


Revision and Examinations (Paper 1 and Paper 2)
Learners will develop different revision and recall methods whilst revisiting key areas of the syllabus. Areas of focus during sessions will be based on students areas of need. Examination will be through 2 **1 hour 15 minute exam papers**.

Year 11

Physical Training
Learners will develop their knowledge of the key components of fitness associated with sporting activity. How to test and measure these fitness components will be supported by the principles of training used for sports improvement. Importance of warming up and cooling down.





Biomechanics & Movement
Learners will develop an understanding of how the muscles & bones work to create movement, what lever system is used and how all movement can be defined through Planes and Axis

Ethical and Social-Cultural Issues
Learners will develop knowledge of why Performance Enhancing Drugs are in Sport and the advantages of disadvantages of their use. Impact of hooliganism on sport, the role of spectators in sport. Will also explore etiquette, sportsmanship and gamesmanship in sport and its effects.





Social Groups – Commercialisation
Learners will develop knowledge of engagement patterns of different social groups taking part in sport. How Sponsorship, media and business work to promote and grow the sporting business for better or worse.

Psychology in Sport
Learners will develop an understanding of the classifications of skill, use of SMART targets, types of guidance, motivation, goals, arousal and aggression in sporting situations.

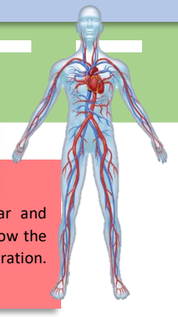
Year 10

Paper 2

Paper 1







Short & Long-Term Effects of Exercise
Learners will develop an understanding of how exercise impacts on the human anatomy and physiology systems immediately after exercise, 24-48 hours after exercise and long-term effects after prolonged training and participation in sport.

Anatomy & Physiology
Learners will develop knowledge of the skeletal, muscular and respiratory systems essential for human activity, including how the cardiovascular system supplies working muscles during respiration. (Aerobic and Anaerobic)

Your GCSE Physical Education Journey starts here …

GCSE Physical Education Breakdown

Examination – 60%
Practical Assessment – 30%
Analyse & Evaluate Performance – 10%

Practical Assessment (30%)

For GCSE PE, you will need to select THREE sports, with a maximum of two from either the Individual or Team category.

You will need to keep a competitive logbook of all the events that you do within your chosen sports. Your teacher will assess you in these sports. **Any 'off-site' sports will need video evidence.**

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.

Learners will need to include:
- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.