



Upton Court  
GRAMMAR SCHOOL

# Physical Education Department

Starting your  
GCSEs

Theory

Practical





## Physical Education: Preparing for your GCSEs

### Exam board: AQA

As a department, we provide students with opportunities to challenge themselves both practically and academically, developing a core set of skills designed to prepare them for their GCSE exams, further education and the world of employment. The transition from Key Stage 3 to Key Stage 4 is an exciting one and, in Year 9, students are introduced to the structure of the GCSE exam and the various assessment criteria for both the practical moderation and both paper exams. The variety of different sports and opportunities offered both academically and practically enable students to develop and further their passion for learning.

### Achieving your Potential

Preparing for exams can seem daunting but the Department provides many tailored revision resources and support to aid learning. Here are some of the ways in which you can make the most of support:

- Join any Edmodo revision groups your teacher invites you to; these have many resources specific to our exam board.
- Purchase or download any tailored revision materials created by the Department and the exam board.
- Use in-class and homework opportunities to create revision resources such as cue cards, quizzes and spider diagrams etc in order to consolidate learning.
- Develop analytical skills by applying learning to real world situations and real world examples.

In order to succeed in the study of Physical Education, students will need to play sports at least at a club level, have knowledge of sports performers in a range of sports and be able to revise well from the notes taken during the lessons.

#### **Strategies for improving answers:**

- ✓ Green pen checking all written work.
- ✓ Self-assessing work against the assessment criteria.
- ✓ Independent reading of current sporting issues.
- ✓ Answer what the questions are asking for using different and relevant examples.

### Extending Learning

Of course, the study of Physical Education at GCSE is never just about passing exams. The PE Department seeks to provide opportunities for students to enrich learning at KS4 and KS5. Some of these include:

- Many extra curricular opportunities
- Competitive fixtures and tournaments
- Club level links with the pupils and schools local club
- The unique opportunity to promote the subject in fun ways as an Ambassador
- Master classes to extend more able students
- Independent reading recommendations (upon request)

## Strategies for Learning

### Consolidating Learning



Research shows that reviewing information soon after it has been learnt allowing students to remember much more. Returning to the learning from a lesson later in the same day will allow you to be much more successful.

### Organising Learning



You will complete a significant amount of class-work, homework, independent work and other activities in preparation for your GCSE exams. Successful students find ways to organise their time and learning effectively so that it is of use to them.

### COPE Strategies:

- Create flash cards after each lesson or at the end of each week covering key content.
- Keep a log of key examination tips.
- Review class notes within 24 hours of the lesson.
- Create a revision timetable
- Revise the key sports criteria

### COPE Strategies:

- Write a blog to share your learning with others.
- Support KS3 students to strengthen your skills.
- Create a homework timetable.
- Title and date your work clearly, knowing if it is class work or homework.
- Complete exam questions in timed conditions.
- Use banks of practice questions to create a booklet of question resources.
- Know what you have to do in order to get to the next level in your sport

### Preparing Revision Materials

Successful students prepare for revision and revise earlier topics throughout the year – this means creating revision materials throughout the year in preparation for the exam period. They will also revise constantly so they do not become rusty on earlier topics. They use in class assessments and Pre-Public exams to perfect their revision strategies.



### Exam Practice

Ultimately, your success will be measured in the public exams at the end of Year 11. Successful students practise many past papers, find effective ways to monitor and improve their exam technique, and are very familiar with the mark scheme and how it will be applied.



## Structure of exams

## 2.2 Assessments

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	+	Non-exam assessment: Practical performance in physical activity and sport
<p><b>What's assessed</b></p> <ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Movement analysis</li> <li>• Physical training</li> <li>• Use of data</li> </ul>		<p><b>What's assessed</b></p> <ul style="list-style-type: none"> <li>• Sports psychology</li> <li>• Socio-cultural influences</li> <li>• Health, fitness and well-being</li> <li>• Use of data</li> </ul>		<p><b>What's assessed</b></p> <ul style="list-style-type: none"> <li>• Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).</li> <li>• Analysis and evaluation of performance to bring about improvement in one activity.</li> </ul>
<p><b>How it's assessed</b></p> <ul style="list-style-type: none"> <li>• Written exam: 1 hour 15 minutes</li> <li>• 78 marks</li> <li>• 30% of GCSE</li> </ul>		<p><b>How it's assessed</b></p> <ul style="list-style-type: none"> <li>• Written exam: 1 hour 15 minutes</li> <li>• 78 marks</li> <li>• 30% of GCSE</li> </ul>		<p><b>How it's assessed</b></p> <ul style="list-style-type: none"> <li>• Assessed by teachers</li> <li>• Moderated by AQA</li> <li>• 100 marks</li> <li>• 40% of GCSE</li> </ul>
<p><b>Questions</b></p> <ul style="list-style-type: none"> <li>• Answer all questions.</li> <li>• A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.</li> </ul>		<p><b>Questions</b></p> <ul style="list-style-type: none"> <li>• Answer all questions.</li> <li>• A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.</li> </ul>		<p><b>Questions</b></p> <ul style="list-style-type: none"> <li>• For each of their three activities, students will be assessed in skills in progressive drills (10 marks per activity) and in the full context (15 marks per activity).</li> <li>• Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.</li> </ul>

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

*John F. Kennedy*

me4life.com

TRY AND FAIL

— but don't —

FAIL TO TRY

**WORK HARD & BE  
PROUD OF WHAT  
YOU ACHIEVE**

**Possible Sports to choose**

## UCGS PE Department (2016 – 2019)

### Team activity list

Activity	Comments/restrictions
Association football	Cannot be five-a-side or futsal.
Badminton	Cannot be assessed with singles badminton.
Basketball	
Camogie	Cannot be assessed with hurling.
Cricket	
Dance	Can only be used for one activity.

Activity	Comments/restrictions
Gaelic football	
Handball	
Hockey	Must be field hockey. Cannot be assessed as ice hockey or roller hockey.
Hurling	Cannot be assessed with camogie.
Lacrosse	
Netball	
Rowing	Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity.
Rugby League	Cannot be assessed with Rugby Union or rugby sevens. Cannot be tag rugby.
Rugby Union	Can be assessed as sevens or fifteen-a-side. Cannot be assessed with Rugby League and cannot be tap rugby.
Squash	Cannot be assessed with singles squash.
Table tennis	Cannot be assessed with singles table tennis.
Tennis	Cannot be assessed with singles tennis.
Volleyball	

### Individual activity list

Activity	Comments/restrictions
Amateur boxing	
Athletics	
Badminton	Cannot be assessed with doubles badminton.
Canoeing/kayaking (slalom)	Cannot be assessed in both canoeing and kayaking. Cannot be assessed with canoeing/kayaking sprint, rowing or sculling.
Canoeing/kayaking (sprint)	Cannot be assessed in both canoeing and kayaking. Cannot be assessed with canoeing/kayaking slalom, rowing or sculling.
Cycling	Track or road cycling only. Cannot be assessed in track cycling and in road cycling.
Dance	Can only be used for one activity.
Diving	Platform diving only.
Golf	

## UCGS PE Department (2016 – 2019)

Activity	Comments/restrictions
Gymnastics (artistic)	Floor routines and apparatus only. Cannot be rhythmic gymnastics.
Equestrian	
Rock climbing	Can be indoor or outdoor climbing.
Sculling	Cannot be assessed with rowing, canoeing or kayaking.
Skiing	Outdoor/indoor on snow. Cannot be assessed with snowboarding. Must not be on dry slopes.
Snowboarding	Outdoor/indoor on snow. Cannot be assessed with skiing. Must not be on dry slopes.
Squash	Cannot be assessed with doubles squash.
Swimming	Cannot be synchronised swimming. Cannot be personal survival. Cannot be lifesaving.
Table tennis	Cannot be assessed with doubles table tennis.
Tennis	Cannot be assessed with doubles tennis.
Trampolining	

### Useful Websites



The AQA website provides useful information on the specification, practice papers and mark schemes for Physical Education.

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-858>

**DODDLE** The **Doddle** website is monitored by teachers. It contains a range of resources and quizzes to support students' learning and teachers use this to set work for classes and individual students to help them improve.

<http://www.doddlelearn.co.uk/>



This is a very useful website to use to find examples of sports players, rules of sports and general theory information.

<https://www.youtube.com/>

You should also make regular use of resources and look out for EDMODO invitations from your teacher and all the extra curricular clubs that you can participate in to help improve your skills.

**Enjoy!!**