

Key Things To Remember:

- Key terminology and definitions are vital – use your PLC’s to help.
- Apply AO₁, AO₂ and AO₃ to all 6-9 mark answers. (AO₁ = Knowledge, AO₂ = Application and AO₃ = Analysis).
- Moderation Day – the examiner is there to award marks, not take them away!
- Include sporting examples in your examination answers.
- Write down units if the answer is numerical (heart rate etc).
- Answer every question!

How Can Parents Help?

- Test definitions of key terms.
- Test using the quiz questions on BBC Bitesize and PE Instagram.
- Put mindmaps on the fridge and around the house.
- Use revision cards to test your child’s knowledge.
- Check examination answers against the mark scheme.



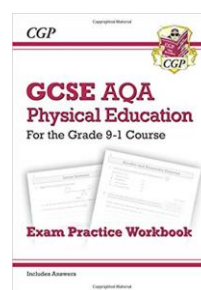
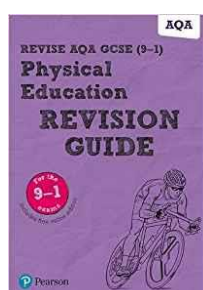
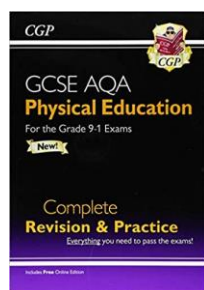
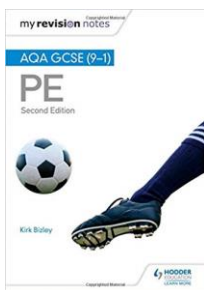
Paper 1 Topics:

- Components of fitness
- The Principles of Training and Application to Personal Exercise Programmes
- The Relationship Between Health and Fitness
- Effective Use of Warm Up and Cool Down
- How To Optimise Training and Prevent Injury
- The Structure and Functions Of The Cardio-Respiratory System
- The Immediate, Long and Short Term Effects of Exercise
- The Structure and Functions of the Musculoskeletal System
- Anaerobic and Aerobic Exercise
- Lever Systems and Mechanical Advantages
- Planes and Axes of Movement
- Use of Data

Paper 2 Topics:

- Energy Use, Diet, Nutrition and Hydration
- Physical, Emotional and Social Health, Fitness and Well-Being
- The Consequences of a Sedentary Lifestyle
- Basic Information Processing
- Classification of Skills
- Guidance on Feedback and Performance
- Mental Preparation For Performance
- Use of Goal Setting and SMART Targets
- Commercialisation of Physical Activity and Sport
- Engagement Patterns of Social Groups
- Ethical and Socio-Cultural Issues in Physical Activity and Sport
- Use of Data

Useful AQA GCSE PE Revision Guides...



Beyond
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Course Information:

Exam Board: AQA

Course Number: 8582

Website:

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

Paper 1: The Human Body The Human Body and Movement in Physical Activity and Sport (1 hour, 15 minutes)

Paper 2: Socio-Cultural Influences and Well-Being in Physical Activity and Sport (1 hour, 15 minutes)

Moderation Day: Coursework and 3 chosen sports (1 team, 1 individual & 1 team or individual)

Useful Online Revision Tools...

- BBC Bitesize
- The EverLearner
- Planet PE

KEY DATES:

Revision sessions:

Week A, Thursday, After School

Week B, Tuesday, Lunchtime

Moderation Day: TBC

Paper 1: Wednesday 13th May 2020 (am)

Paper 2: Friday 15th May 2020 (pm)

AQA GCSE PE (8582)

