RAINFORD HIGH

GCSE PHYSICAL EDUCATION — Exam Board: Edexcel

Exam Dates:

Unit 2 Practical Moderation / Exam: Weds 26th April 2017
Unit 1 Theory Exam: Fri 19th May PM (1 Hour 30 Mins)

Exam Overview:

- **Unit 1: The Theory of Physical Education**
  Written exam – externally assessed **(40%)**

- **Unit 2: Performance in Physical Education**
  Performance in 4 activities plus Analysis of Performance in 1 chosen activity **(60%)**

Guide to Exam Papers:

- Recall, select and communicate knowledge of physical activity in relation to theory (20-30%)
  (short answer questions – 1 or 2 marks)

- Apply skills, knowledge and understanding to sporting activity (48-55%)
  (longer, structured questions often involving tables – 3-12 marks)

- Analyse and evaluate physical activity and identify actions to bring about improvement (20-30%)
  (extended questions requiring full discussion and includes assessment of quality of written communication – 2 x 6 marks)

Areas of Revision

- Healthy, active lifestyles and benefits to both well-being and sporting performance.
- Socio-Cultural influences on participation.
- Aspects of fitness and training methods to improve performance.
- Physical activity and your healthy mind and body.
- Healthy active lifestyle and your cardiovascular system.
- Healthy active lifestyle and your respiratory sytem.
- Healthy, active lifestyle and your muscular system.
- Healthy, active lifestyle and your skeletal system

- Analysis of Performance Oral exam preparation

Revision Tips

- **Mnemonics / Acronyms**: e.g SCRAP B or ABC/PRS for components of fitness
- **Memory principles** – Senses: practical activity to help recall types of muscle contraction / antagonistic pairs, route of O2/CO2 in respiratory system or blood flow in CV system etc
- **Body Pegs** – e.g. location and functions of muscles and bones
- **Mind maps** – extended questions , burger/sandwich structure, connectives/conjunction links
- **Deconstructing the exam:** Section timings, order of attempt, against the clock, Who Wants To Be A Millionaire for multiple choice technique etc. Use PPQs/Examiner reports – WAGOLL, **use provided PPQs/Revision Guides and Revision Workbooks**
- **Edexcel / Youtube podcasts**
- **Flashcard quizzes:** Key terms/glossary recall

RAINFORD HIGH

Useful Websites

- www.edexcel.com
- www.teachpe.com
- www.gcsebitesize.com
- www.youtube.com (search Edexcel GCSE PE only)
- www.GoConqr.com (online notes and resources)
- www.s-cool.co.uk
- www.pe4learning.com