



Subject	GCSE PE		
Title/Topic	Format	Length	
Paper 1	Multiple choice, short answer, longer answer	1 hr 15	
Paper 2		1 hr 15	

In this Advent assessment I will be asked to show I can...

Paper 1

Musculoskeletal system

Cardiorespiratory system

Aerobic and anaerobic exercise and the effects of exercise

Levers, planes and axes of movement

Components of fitness

Fitness testing

Principles of training

Types of training

How to optimise training through warming up, cooling down,
preventing injury, seasonal aspects, altitude training

Paper 2

Physical, mental and social health and well-being

Nutrition and diet

The consequences of a sedentary lifestyle

Somatotypes

Skill classification

Goal-setting (SMART)

Basic information processing

Guidance and feedback

Arousal and stress management

Aggression and motivation

Engagement patterns – gender, ethnicity, age, disability, education

Commercialisation – sponsorship, media, technology and impact on
performers, officials, the sport, spectators

What should I do to revise and prepare for this assessment?



Use the Paper 1 and 2 booklets to revise content.
Use the knowledge retrieval tasks to consolidate knowledge.
Look at exam questions for each topic and use mark schemes to identify where creditworthy points have been made.

What useful websites/resources could I use to help me prepare?

GCSEpod

The Everlearner on YouTube:

https://www.youtube.com/the_everlearner

Look for AQA GCSE PE videos.