



Subject		GCSE PE	
Title/Topic	Format	Length	WC
Paper 1	Multiple choice, short answer	45 mins	Mon 23 rd February
Paper 2	Multiple choice, short answer	45 mins	Wed 25 th Feb
Paper 1 and 2	Longer answer questions	45 mins	Thur 26 th February

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

Confidently demonstrate knowledge and application of the following topics:

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



Participation – engagement patterns (age, gender, race/culture, disability)

Commercialisation of sport – sport, media, sponsorship

Technology in sport

Spectator behaviour

Performance enhancing drugs and prohibited methods

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

Use the work booklets, knowledge organisers and GCSE Pod to revise topics.

Use past paper exam questions and mark schemes to familiarise yourself with expected answers from the examining body.

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

GCSE pod.

The EverLearner online revision

[AOA GCSE PE Paper 1 2023 Revision \(youtube.com\)](https://www.youtube.com/watch?v=...)

[AOA GCSE PE Paper 2 2023 Revision \(youtube.com\)](https://www.youtube.com/watch?v=...)