AQA GCSE PE

Type of	Formal Exam
Assessment	

Duration Ihr 15 (78 Marks)

Title Paper I: The Human Body and Movement in Physical Activity in Sport

Topics to Revise

- Applied Anatomy and Physiology
- Movement Analysis
- Physical Training
- Use of Data

What to revise If I had:

10 minutes

Complete a Seneca Task on each one

20 minutes

Revise joint action, adduction/plantarflexion etc and which muscles are responsible for each movement, this can be done from a table

Revise the 'Magic Puzzle', on Physical training, how all of these 4 topics link together like a puzzle for when a performer is looking to train their body. (Components of fitness, fitness testing, methods of training, principles of training)

Complete a 9 mark question from a previous past paper

Complete other past paper questions

Revision Resources

- Personalised Learning Checklists
- Past Papers
- Revision Guides available in PE
- Seneca Tasks

Revision Tips

- Use Flash Cards
- Keep checking your understanding with a family member or friend

• Link topics together to allow you to draw information together, eg skeletal and muscular system works well together to understand joint action and muscle movement.