

# AQA GCSE PE

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| <b>Type of Assessment</b> | Formal Exam       |
| <b>Duration</b>           | 1hr 15 (78 Marks) |

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| <b>Title</b> | Paper 1: The Human Body and Movement in Physical Activity in Sport |
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| <b>Topics to Revise</b> | <ul style="list-style-type: none"><li>• Applied Anatomy and Physiology</li><li>• Movement Analysis</li><li>• Physical Training</li><li>• Use of Data</li></ul> |
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## What to revise If I had:

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| <b>10 minutes</b> | <i>Complete a Seneca Task on each one</i> |
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| <b>20 minutes</b> | <p><i>Revise joint action, adduction/plantarflexion etc and which muscles are responsible for each movement, this can be done from a table</i></p> <p><i>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)</i></p> <p><i>Complete a 9 mark question from a previous past paper</i></p> <p><i>Complete other past paper questions</i></p> |
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| <b>Revision Resources</b> | <ul style="list-style-type: none"><li>• Personalised Learning Checklists</li><li>• Past Papers</li><li>• Revision Guides available in PE</li><li>• Seneca Tasks</li></ul> |
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| <b>Revision Tips</b> | <ul style="list-style-type: none"><li>• Use Flash Cards</li><li>• Keep checking your understanding with a family member or friend</li></ul> |
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- 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.