

GCSE Physical Education

HOMEWORK AND REVISION Tips

1. Dedicate 1 hour per week – perhaps in 2 x 30 mins lots. Once you are in the routine, it is easy. Know exactly when and where you are going to do it, the same time every week.
2. Buy a book (lined pages) from Tesco / ASDA and use it record your study notes – use colours to make important parts stick out.
3. Summarise the course content – make sure you cover everything – tick off the topics from the content list as you do them and understand them.
4. Keep a record of all the Youtube links and study sites you find...you'll need them for studying and exam revision.
5. Follow interesting and educational sports accounts on social media
6. Study a topic and then TALK to people at home about the topic you have been studying (talking about something is a great way to understand reinforce the information you are learning – get them to ask you questions) they could even do it while they are preparing dinner!
7. Ask questions – if you are not sure about something – email your teacher, or find them at school, any time.
8. Study with someone else – a study buddy or a group – write test questions for each other.

Youtube Channels to look out for!

- BBC Sport
- BBC Sport – Topic
- Anatomy and Physiology Crack
- New Anatomy and Physiology
- TrewExPhys – Exercise Physiology
- Sports Science Collective
- Sport Science Solutions
- Sports Science – Topic
- MyPEexam
- ispeakPE



Course Organisation

40% Practical – three sports (10% each) that must be practised in student's own time and extracurricular clubs (there are no dedicated lessons to practical GCSE PE). includes one piece of coursework worth 10%.

60% Theory – based on the results for two exams in the Summer of Year 11

- Exam 1 – Physical factors affecting performance (30% of final grade)
 - 1.1 Anatomy and Physiology
 - 1.2 1.2 Physical Training
- Exam 2 - Socio-cultural issues and Sports Psychology (30% of final grade)
 - 2.1 Socio-cultural Influences
 - 2.2 Sports Psychology
 - 2.3 Health, Fitness and Well-being

You can find links to the specification, the course outline and past papers and exemplar documents on the school website.



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