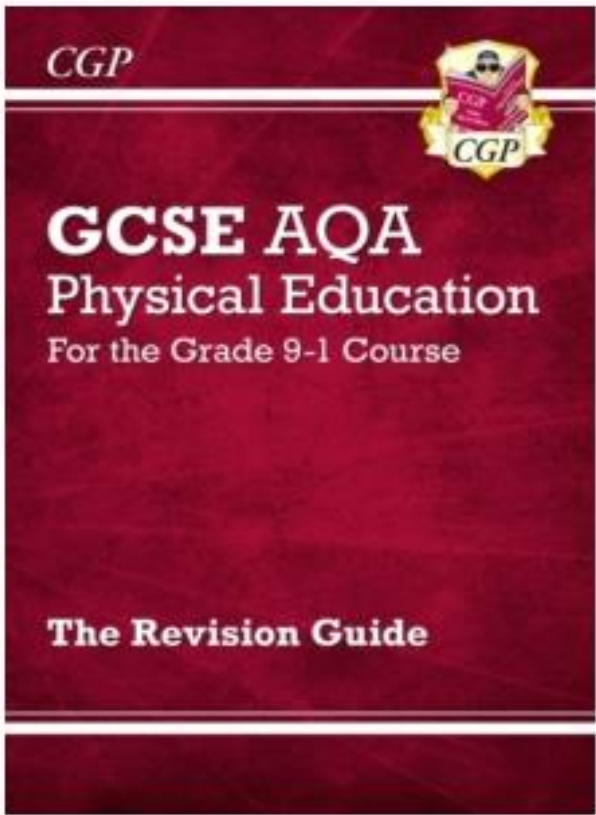




Year 11 assessment checklist

2020/21

Subject: GCSE PE	Paper: Paper 1 (Human body and movement) & Paper 2 (Socio-cultural influences in sport)	Duration: 90 minutes each paper
<p>What to revise:</p> 		<p>How to revise it:</p> <p>Use of MS & SL Y9/Y10 & Y11 exercise books plus the following support and Youtube videos:</p> <ol style="list-style-type: none"> 1) SMH 'Y11 GCSE PE independent study' – Past paper questions, mark schemes and examiner comments, all broken down into categories so that you can select the areas that you need. Print off or complete questions on a separate piece of paper and self-assess, check out the examiner reports for extra tips. 2) AQA GCSE PE PAPER 1 - 11 videos (Josh) - Purely Anatomy and Physiology but you can select individual topics without trawling full videos - Downside - It lacks application, very A01 but useful for recalling raw knowledge 3) GCSE PE PAPER 2 - LAST MINUTE REVISION LIVE (1:34) - Interactive and covers most A01/A02 with some A03 concepts, you can decide if you wish for the interactive responses to be switched on or off. Downside - It lacks visual aids and is heavily verbal. Pick off in small chunks. 4) GCSE PE 9-1 LAST MINUTE REVISION 2019 (3:50) - Brilliant! A01/A02/A03 with walking talking exam question practice. Very interactive and engaging. Pause on questions and map out answers, then mark using the video. Pick off in smaller chunks, take full advantage of this fantastic free resource <p>Plus the following pages from the AQA GCSE PE revision book:</p>
1	Skeleton/Bones	AQA Revision book – Pages 1-4
2	Joints & Movement	AQA Revision book – Pages 4-6
3	The muscular system & Antagonistic pairs	AQA Revision book – Page 6
4	Diet & Nutrition (including energy balance and dehydration)	AQA Revision book – Pages 57-58
5	Somatotypes	AQA Revision book – Page 59

6	Sedentary lifestyle/Obesity	AQA Revision book – Page 56
7	The Cardiovascular System (Circulatory & Respiratory systems)	AQA Revision book – Pages 7-10
8	Socio Cultural aspects and influences	AQA Revision book – Pages 44-46
9	Commercialisation, Sponsorship & Media	AQA Revision book – Pages 47-48
10	Conduct in sport – Ethical issues and Drugs in Sport	AQA Revision book – Pages 50-51
11	Spectators & Hooliganism	AQA Revision book – Page 52
12	Technology in Sport	AQA Revision book – Page 49
13	Health & Fitness	AQA Revision book – Pages 54-55
14	Components of fitness	AQA Revision book – Pages 20-23
15	Fitness Testing	AQA Revision book – Pages 24-26
16	Aerobic & Anaerobic exercise/Methods of Training/SPORT/FITT/Zones/Effects of exercise	AQA Revision book – Pages 27 -33 & 11-15
17	Preventing Injury/Warm up/Cool Down/Seasonal Training	AQA Revision book – Pages 34-35
18	Classification of Skill	AQA Revision book – Page 37
19	Goals & Target Setting	AQA Revision book – Page 38
20	Information Processing	AQA Revision book – Page 40
21	Guidance	AQA Revision book – Page 39
22	Feedback	AQA Revision book – Page 39
23	Arousal & Aggression	AQA Revision book – Pages 41-42
24	Motivation	AQA Revision book – Pages 42
25	Biomechanics in sport Movement Analysis - (planes/levers/axes)	AQA Revision book – Pages 17-18
	Answering exam questions	AQA Revision book – Pages 65-66
	Answers to quizzes in book	AQA Revision book – Pages 67-71
	GCSE PE word bank/glossary	AQA Revision book – Pages 72-74