

Assessment Overview

- You will be assessed by **one examined paper**
- The paper is 1 hour 30 min hour long.
- Paper 1: Physical Education
- What will be assessed? Theoretical knowledge of Physical Education.
- There are three different assessment objectives:

AO1 Knowledge 35%, AO2 Application 35%, AO3 Analyse and Evaluate 30%

Paper 1

The paper will consist of:

- Multiple choice questions
- Short questions and extended style questions.
- Statistical analysis.

Gosfield School: Physical Education



ESTABLISHED 1929

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REVISION GUIDE

Area for Revision	Resources	Strategy
<p><u>Health, Fitness and well-being.</u></p> <p>Benefits of a Healthy, active lifestyle. Health, exercise, fitness and performance. Dietary intake and performance. (macro/micro) Hydration. Optimum weight.</p>	<p>Lesson PowerPoints https://www.bbc.co.uk/bitesize/guides/z2d9j6f/revision/1</p>	<p>Use notes produced in class to create revision cards. Refer to class PowerPoints for any areas you may have missed. Use folder called Exam questions on shared area to apply knowledge. Then use the mark schemes to self assess.</p>
<p><u>Socio-cultural influences.</u></p> <p>Engagement patterns. Commercialisation. Ethical and social-cultural.</p>	<p>Lesson PowerPoints https://www.bbc.co.uk/bitesize/topics/zw9k4j6</p>	<p>Use notes produced in class to create revision cards. Refer to class PowerPoints for any areas you may have missed. Use folder called Exam questions on shared area to apply knowledge. Then use the mark schemes to self assess.</p>
<p><u>Sport psychology</u></p> <p>SMART targets. Mental rehearsal. Guidance and feedback.</p>	<p>Lesson PowerPoints https://www.bbc.co.uk/bitesize/topics/zq8dk7h</p>	<p>Use notes produced in class to create revision cards. Refer to class PowerPoints for any areas you may have missed. Use folder called Exam questions on shared area to apply knowledge. Then use the mark schemes to self assess.</p>
<p><u>Physical training/ Body systems</u></p> <p>Skill classification. Injuries.</p>	<p>Lesson PowerPoints https://www.bbc.co.uk/bitesize/topics/zq8dk7h https://www.bbc.co.uk/bitesize/topics/zs8jmp3</p>	<p>Use notes produced in class to create revision cards. Refer to class PowerPoints for any areas you may have missed. Use folder called Exam questions on shared area to apply knowledge. Then use the mark schemes to self assess.</p>