

# HHS AQA GCSE Physical Education Learning Journey

## Final GCSE Exams

Year 11 GCSE Practical (40%)

We develop our skills through practice and competition in order to improve and demonstrate ability in the following sports.

Table Tennis  
Volleyball

Trampoline  
Basketball

### HEALTH FITNESS AND WELLBEING

Students should develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.

PPE 6  
Full Paper 1&2



Practical Moderation

PPE 5  
Part Paper 2  
Full Paper 1



### SPORTS PSYCHOLOGY

Students should develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.

### SOCIO CULTURAL INFLUENCES ON SPORT

Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.



PPE 4  
Part Paper 2

## YEAR 11 PAPER 2 (30%)

### DATA ANALYSIS

Students should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport. This unit is taught in paper 1 and 2

### AEP Coursework

2-3 days to complete the controlled assessment worth 10%. Analyse and Evaluate your strengths and weaknesses in a sport of your choice.

EXTENDED WRITING



GCSE Summer Practicals  
Cricket Athletics

### PHYSICAL TRAINING

Students should develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.

## YEAR 10 PAPER 1 (30%)

### MOVEMENT ANALYSIS

Students learn the basic principles of movement and their effect on performance. Including Planes, Axis and Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.

PPE 2  
Part paper 1



Full PPE 3  
Paper 1



### THE EFFECTS OF EXERCISE

Students learn the long term and short term effects of exercise and the effect on a range of sporting performance

### CARDIORESPIRATORY SYSTEM

Students should develop knowledge and understanding of the structure and functions of the cardiorespiratory system and how it impacts on health, fitness and aerobic/anaerobic performance in physical activity and sport.

EXTENDED WRITING



PPE 1  
Part paper 1



### MUSCULOSKELETAL SYSTEM

Students should develop knowledge and understanding of the skeletal and muscular systems and how they impact on health, fitness and performance in physical activity and sport.



1st lessons Introduction to AQA GCSE PE. Receive your folders and sign up to [SENECA](#) and [Google](#). We also begin to learn about AQA assessment criteria [AOT, 2 & 3](#)

Football  
Handball

Netball  
Badminton

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