

GCSE PE Year 11

COMPONENT 2: HEALTH AND PERFORMANCE

Assessment in GCSE PE is on the topics below, these topics will be covered in year 11 and will be in the paper 2 exam. Each topic is taught to the group and once the content for the topic has been covered an end of unit exam will be done. During the unit the pupils will be given exam questions and homework on the topic.

In the January mock exams pupils will have the exam on paper 1. During the second mock exam period the topics below will be tested for paper 2.

Topic 1: Health, fitness and well-being

TOPIC 1.1 Physical, emotional and social health, fitness and well-being

TOPIC 1.2 The consequences of a sedentary lifestyle

TOPIC 1.3 Energy use, diet, nutrition and hydration

Topic 2: Sport psychology

TOPIC 2.1 Classification of skills (basic/complex, open/closed)

TOPIC 2.2 The use of goal setting & SMART targets to improve/optimize performance

TOPIC 2.3 Guidance and feedback on performance

TOPIC 2.4 Mental preparation for performance

Topic 3: Socio-cultural influences

TOPIC 3.1 Engagement patterns of different social groups in physical activity and sport

TOPIC 3.2 Commercialisation of physical activity and sport

TOPIC 3.3 Ethical and socio-cultural issues in physical activity and sport