



Year 9 – Preparing for GCSE PE

Welcome to your AQA GCSE PE preparation document.

This is a subject that you will have experienced as a performer but very little at an academic or theory level. You will all have an interest in Sport and hope that you participate in sport in either team games or individual activities. The more you do and the higher the level you compete at, the easier the practical aspects of the course will be.

Over the next two years you will study a mix of theory lessons and practical lessons.

In practical lessons (one per week), you will be assessed in three different activities; one as an individual and one as a team game, and one other. You need to perform at the highest possible standard.

Individual activities:



Team activities:



In theory lessons (3 lessons over the 2 weeks), there are 6 units.

Unit 1 – Applied anatomy and physiology – bones, muscles, body systems (year 10)

Unit 2 – Movement analysis – planes, axis and movement (year 10)

Unit 3 – Physical training – components of fitness and training (year 10)

Unit 4 – Sports Psychology – motivation, feedback, goals, skill (year 11)

Unit 5 – Socio-cultural influences – social groups, barriers, drugs, commercialisation, hooliganism (year 11)

Unit 6 – Health, Fitness and well-being – health, diet, lifestyle choices (year 10)

Before you start it's a great idea to do some research and reading around the new course you are going to study.

Below are some suggestions of the ways you could do this. None of these are compulsory, but they will very much help you in starting your course. They are mixtures of websites, books, documentaries, and podcasts.



Sports Entertainment programmes, live sport and recorded sports events and documentaries

A great way to gain a great depth of knowledge is through watching sport, sports related programmes and documentaries. E.g. Match of the Day and Question of Sport

Written Press



There are a number of ways you can use the written press to engage with the world of sport. Reading magazines or books on sport will give you an insight to the world of sport and to the sports that you are not as familiar with.

Read the sports pages of the newspaper, as these will cover situations that might occur such as drugs in sport, women in sport and other incidences that may occur.

The Web Sites of Organisations – have a look at these web sites; check out their sports they cover and what stories they tell.

www.bbc.co.uk/sport <https://www.skysports.com> <https://blog.pitchero.com/the-best-sports-websites-uk>

Podcasts



If you enjoy listening to podcasts there are a lot out there that will help you to develop your knowledge of issues around sport.

- Spotify – Revise GCSE PE Revision by Seneca
- Spotify – GCSE PE Revision CIE
- Any BBC podcasts relating to any of the theory topics above/

Websites

These websites will give you a good understanding prior to the course and we will also use them during the course.

- BBC bitesize – GCSE AQA PE <https://www.bbc.co.uk/bitesize/examspecs/zp49cwx>
- Seneca – GCSE AQA PE <https://senecalearning.com/en-GB/>
- GCSEPod - <https://www.gcsepod.com>