

Assessment objectives and key skills	Y10 Content Paper 1 & 2	Y11 Content Paper 1 & 2
AO1 Demonstrate knowledge and understanding	Health, fitness and well-being- sedentary lifestyles, somatotypes, obesity, energy use. Seasonal training, altitude training, components of fitness, principles of training. Anatomy and physiology- body systems, joints, effects of exercise. Sports Psychology-GOAL setting, SMART targets, information processing, skill and ability. Use of data- statistical analysis Students also begin to study similar topics in other areas of the curriculum. E.g. gaseous exchange in biology Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Multiple choice questions, objective test questions.	Sports Psychology-arousal theory, stress management, aggression, personality types. Socio-cultural influences- media, sponsorship, hooliganism Applied anatomy and physiology- CV system, respiratory system Movement analysis- lever systems Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Multiple choice questions, objective test questions.
AO2 Apply knowledge and understanding	Health, fitness and well-being Physical training Anatomy and physiology Sports psychology Use of data Assessment: Short answer questions. End of unit tests, using AQA questions, marked against approved mark schemes.	Sports Psychology Socio-cultural influences Applied anatomy and physiology Movement analysis Assessment: Short answer questions. End of unit tests, using AQA questions, marked against approved mark schemes.
AO3 Analyse and evaluate	Health, fitness and well-being Physical training Anatomy and physiology Sports Psychology Use of data Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Extended answer questions- 4,5, 6 marks.	Sports Psychology Socio-cultural influences Applied anatomy and physiology Movement analysis Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Extended answer questions- 6+ marks
Non-examined assessment (NEA) AO4 Demonstrate and apply relevant skills and techniques. Analyse and evaluate performance	DEVELOP AND REFINE SKILLS Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas. Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas. Develop their ability to analyse and evaluate to improve performance in physical activity and sport. Linked to written analysis and evaluation. * All activities are selected from the approved activity list	DEMONSTRATE AND PERFORM SKILLS Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas. Develop their ability to analyse and evaluate to improve performance in physical activity and sport. Linked to moderation preparation.
Other aims and outcomes	Students should be encouraged to: • be inspired, motivated and challenged, and enable them to make informed decisions about further learning opportunities and career pathways • understand the contribution which physical activity and sport make to health, fitness and well-being • demonstrate the characteristics and values that are associated with sportsmanship and sporting etiquette • develop communication, analytical, problem solving and team-work skills	
Command words	Analyse Apply Calculate Compare Complete Consider Define Describe Discuss Evaluate Explain Identify Illustrate Interpret Justify Outline Suggest State	

Links to essential information:

Specification

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification-at-a-glance>

NEA assessment guidance

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/non-exam-assessment-administration>

Teaching resources

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/teaching-resources>

Approved activity list

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment/non-exam-assessment-nea-practical-performance-in-physical-activity-and-sport/performance-assessment-practical-performance-75-marks/individual-activity-list>