

HLS GCSE PE

<i>Component</i>	<i>% of grade</i>	<i>Type of assessment</i>	<i>Key information</i>
01 Physical factors affecting performance	30%	1 hour exam	<p>Topics included on the paper:</p> <ul style="list-style-type: none"> - Applied anatomy and physiology (cardiovascular system, respiratory system, muscular system, skeletal system, effects of exercise and movement analysis). - Physical training (components of fitness, training methods, principles of training, warm up and cool down and preventing injury). <p>Section A: 30 marks from short answer, multiple choice, knowledge retrieval questions.</p> <p>Section B: 30 marks from long answer questions, graph/data questions and a synoptic question (6 mark levelled response - this will include a component 2 topic).</p> <p>GCSE exam: Friday 22nd May 2026 (AM)</p>
02 Socio-cultural issues and sports psychology	30%	1 hour exam	<p>Topics included on the paper:</p> <ul style="list-style-type: none"> - Socio-cultural influences (factors that impact participation, commercialization of sport and ethical behaviour). - Sports psychology (skillful movement, skill classification, goal setting, mental preparation, feedback and guidance) - Health, fitness and well-being (including diet and nutrition) <p>Section A: 30 marks from short answer, multiple choice, knowledge retrieval questions.</p> <p>Section B: 30 marks from long answer questions, graph/data questions and a synoptic question (6 mark levelled response – this will include a component 1 topic).</p> <p>GCSE exam: Mon 1st June 2026 (AM)</p>
04 Practical performances	30%	Practical performance 3 sports:	All video footage of practical activity needs to be uploaded to GC or given on memory stick to Mrs Gallivan or Mr Wilson by 30th January 2026

		1 individual, 1 team, 1 choice (each 10%)	<p>There will be an internal practical moderation day and there may be some practical moderation sessions after school for some sports.</p> <p>Competitive logs for all sports completed and handed in by 27th February 2025.</p> <p>Some pupils will be called to a moderation day by OCR at the end of April/start of May. A letter will be sent out with arrangements for this closer to the time.</p>
05 Analysis and evaluation of performance	10%	Controlled assessment	<p>AEP has now been completed in lesson.</p> <p>These have been marked and will be moderated before being sent off to OCR in March.</p>

How do I revise?	How do I know what to revise?
<ul style="list-style-type: none"> - Make sure you have a component 1 folder and a separate component 2 folder. - Use your revision trackers to organize your revision. - Use your flash cards that you have created for each topic. - Use your revision booklets. You will be given several which include knowledge recall and exam practice questions. - Create quizzes for yourself. - Practice exam questions: you will be given exam questions grouped by mark. - Use your RAG tests and EOT tests. Re-attempt some questions. - Create your own exam questions similar to those you have already practiced – can you create a mark scheme? - Come up with practical examples for every topic. Can you apply the knowledge to a specific situation in a specific sport? - Alternate which component you are revising! 	<ul style="list-style-type: none"> - Your folders have all of the information in them for each topic. - Use your progress tracker and revision trackers to identify topics of weakness that you need to revise more! - Go through your 6 quick questions booklet. This is similar to section A of the papers. What knowledge are you struggling to retrieve? - Look at your FOT from end of topics and mocks. Is there a certain type of questions you need to practice more? For example, do you need to practice evaluate, graph or synoptic questions? - Use your exam analysis from previous mock exams – what were your topics of weakness? What were your exam questions of weakness? What were your next steps?