Y11 Exam Information

GCSE Physical Education (9-1)

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GCSE P.E. Timeline

Date	Event
10/11/26	Mock Paper 1
07/12/26	Internal practical moderation (Badminton/Football/Table Tennis/Netball).
20/12/26	Deadline for off-site footage (unless otherwise agreed with Miss Davey).
20/12/26	NEA DEADLINE (Coursework)
Spring Term 1	Three invitational, intervention sessions for NEA.

EXAM BOARD OVERVIEW

Assessment overview

Component	Marks	Duration	Weighting
Physical factors affecting performance (01)	60	1 hour	30%
Socio-cultural issues and sports psychology (02)	60	1 hour	30%
Practical performances (04) Non-exam assessment	60	-	30%
Analysis and evaluation of performance (AEP) (05) Non-exam assessment	20	-	10%

Component 01: Physical factors affecting performance Focuses on how the human body functions during physical activity and how it adapts through diet and training.Develops skills in data analysis, training principles, and creating effective training plans.

Includes two topics:

- Applied anatomy and physiology
- Physical training

Component 02: Socio-cultural issues and sports psychology Covers social, cultural, and psychological factors influencing sports participation and the impact of sports on society. Explores individual health, fitness, and well-being benefits, along with commercial influences like sponsorship and media.

Includes three topics:

- Socio-cultural influences
- Sports psychology
-Health, fitness, and wel-being

Component 04: Practical performances
Students are assessed in three practical activities, demonstrating tactics, techniques, and rule adherence under applied conditions.

Component 05: Analysis and evaluation of performance (AEP)- Students must analyse and evaluate a performance, creating an action plan for improvement.

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Priorities

The data from the year 10 mocks for some was less than encouraging. For some, attitude and effort may account for underperformance.

Mock Preparation

- Each student has access to all powerpoints on their year 10 teams page
- Each student has made revision cards and has their booklets at school if they wish to take these home
- Use online resources such as; https://www.bbc.co.uk/bitesize/examspecs/ztrcg82

Practical

- Many students will use table tennis as their individual sport. The gym is open to year 11 students at lunch, on Wednesdays to go in and practice.

MOCK 1 - CONTENT

Paper 1 - Physical factors affecting Performance

Applied anatomy and physiology

1.1.a. The structure and function of the skeletal system
1.1.b. The structure and function of the muscular system
1.1.c. Movement analysis
1.1.d. The cardiovascular and respiratory systems
1.1.e. Effects of exercise on body systems

Physical training

1.2.a. Components of fitness
1.2.b. Applying the principles of training
1.2.c. Preventing injury in physical activity and training

This is content from year 10. Paper 2 will be tested in the next round of mocks.

POST-16 OPPORTUNITIES

A Level P.E.

Component	Marks	Duration	Weighting
Physiological factors affecting performance (01)	90	2 hours	30%
Psychological factors affecting performance (02)	60	1 hour	20%
Socio-cultural issues in physical activity and sport (03)	60	1 hour	20%

Component 01: Physical factors affecting performance

Explores body systems, their response to diet and exercise, and how force and motion impact performance.

Topics:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

Component 02: Psychological factors affecting performance

Examines learning models, training methods, feedback, and how psychological factors like leadership and stress influence performance.

Topics:

- Skill acquisition
- Sports psychology

Component 03: Socio-cultural issues in physical activity and sport

Focuses on the social and cultural influences on sport, the impact of global events, and technology's role in modern sports.

Topics:

- Sport and society
- Contemporary issues in physical activity and sport

POST-16 OPPORTUNITIES

Practical performance (05) non-exam assessment	30	-	15%
Evaluating and analysing performance for improvement EAPI (06) Non-exam assessment	30	-	15%

Component 05: Practical performance
Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Component 06: Evaluating and analysing performance for improvement (EAPI)
Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance.

POST-16 OPPORTUNITIES

CAMBRIDGE TECHNICALS IN SPORT AND PHYSICAL ACTIVITY

ABOUT CAMBRIDGE TECHNICALS

Cambridge Technicals are vocational qualifications at Level 3 for students aged 16+. They're designed with the workplace and progression to higher education in mind and provide a high-quality alternative to A Levels at level 3. Qualifications at levels 3 have a mixture of internal and external assessments and centres are allocated a visiting moderator.

The program offers a mix of centre-assessed units, practical projects, and exams covering body systems, the impact of sport, sports organisation, health and safety, research in sport, and business in the sports industry. Depending on the qualification size, it can complement Key Stage 5 studies with vocational qualifications or A Levels or form the core of a two-year study program. Students also follow specific vocational pathways within the diploma.

Y11 Exam Information

BTEC Sport

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BTEC Sport Timeline

Date	Event
Autumn Term 2	Bespoke Intervention for students. Dates TBC and emailed out. This will be after the November mocks.
Autumn Term 2	Starting component 3 – May exam.
01/12/25	Deadline for practical evidence
05/12/25	Deadline for the submission of all tasks in component 2.

Priorities

Coursework

- Students have been re-visitng task 1, 3 and 4a in class. There has always been an expectation to complete any oustanding work at home. However, this is not always the case, or it has not been completed to the desired standard. Students have October half term to improve their grade on task 1 (components of fitness), 3 (officiating) and 4a (session plans). All guidance is on the Google Classroom.

Practical

- Many students take part in sport outside of school and this footage should show them in the best light. Students need to submit 10mins (at least) of them competiting competitively and three skills in isolation and on the move. I will send out guidance to parents on an individual basis. I know we have swimmers, boxers, equestrian, athletes, dancers and many more who compete outside of school but have no footage at present.

Exam

- In lessons, students will be preparing for the exam in May. This will follow the same structure of other GCSE's, with regular homework.

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