



Summary of GCSE PE changes for 2022

Practical element (NEA)

- Students now only need to be assessed in 2 practical activities not 3
- These activities can be both individual/team or 1 of each
- For part B these can be a modified version of the full game if required

Theory content

The main focus of the theory exams is listed below.

These topics should be the main focus of revision for both MARCH MOCK's and the summer exams.

Paper 1: The human body and movement in physical activity and sport

3.1.1.1 The structure and functions of the musculoskeletal system

- How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints

3.1.1.2 The structure and functions of the cardio-respiratory system

- Blood vessels
- Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing
- Interpretation of a spirometer trace

3.1.1.3 Anaerobic and aerobic exercise

- The use of aerobic and anaerobic exercise in practical examples of differing intensities

3.1.1.4 The short- and long-term effects of exercise

- Long-term effects of exercise (months and years of exercising)

3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement

- Analysis of basic movements in sporting examples

3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved

- Linking sports and physical activity to the required components of fitness
- Reasons for and limitations of fitness testing

3.1.3.5 Effective use of warm up and cool down

- Warming up and cooling down

Paper 2: Socio-cultural influences and well-being in physical activity and sport

3.2.1.1 Classification of skills (basic/complex, open/closed)

- Classifications of skill

3.2.1.3 Basic information processing

- Basic information processing model

3.2.2.1 Engagement patterns of different social groups in physical activity and sport

- Engagement patterns of different social groups and the factors affecting participation

3.2.2.2 Commercialisation of physical activity and sport

- Positive and negative impacts of sponsorship and the media
- Positive and negative impacts of technology

3.2.2.3 Ethical and socio-cultural issues in physical activity and sport

- Prohibited substances
- Reasons why hooliganism occurs
- Strategies employed to combat hooliganism/spectator behaviour

3.2.3.3 Energy use, diet, nutrition and hydration

- Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals
- Reasons for maintaining water balance (hydration)