

# Aiming for Grade 5+ in GCSE PE

---



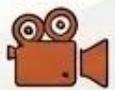
# GCSE PE Practical Grade (40%)



## IMPORTANT DEADLINES & ACTION



Make sure your coursework is as good as it can be. Make the suggested changes before the deadline Friday 20<sup>th</sup> of March (this Friday)!



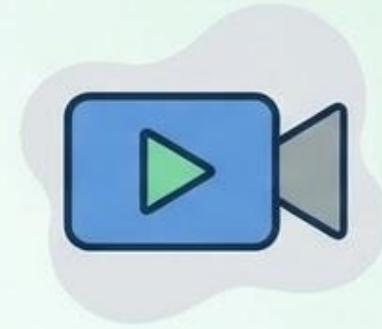
Submit any video evidence of sports you play outside of school. Ask your GCSE PE teacher for help and advice to make the video as good as possible.

# Ways to increase practical grade



## **Coursework Deadline:**

Friday 20th of March (this Friday)!  
Make sure your coursework is as good as it can be. Make the suggested changes before the deadline.



## **Video Evidence Submission:**

Submit any video evidence of sports you play outside of school. Ask your GCSE PE teacher for help and advice to make the video as good as possible.

# GCSE Revision tips

## Paper 1



Physical training



Anatomy and  
Physiology



Movement Analysis

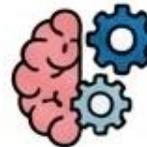
## Paper 2



Socio-Cultural  
influences



Health and  
Wellbeing



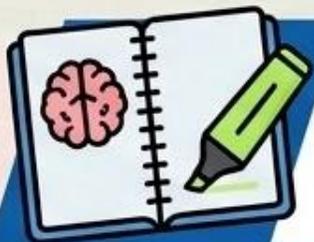
Sports Psychology

# ***Revision Strategies***

**Find what works best for you!**



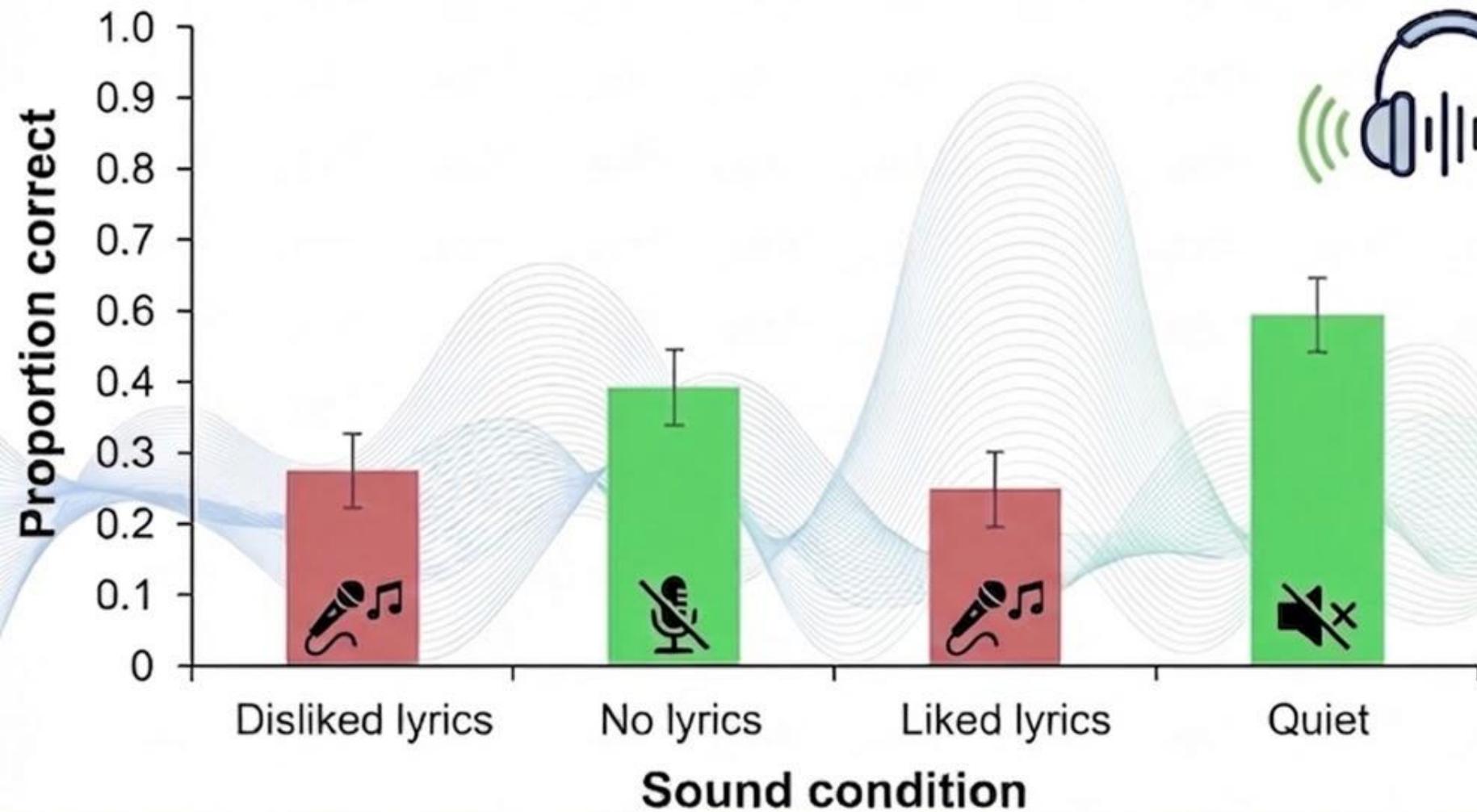
**Small chunks of revision with regular breaks:  
30 mins revision/ 15 min break**



**Research shows writing or highlighting notes is  
more effective (revision cards, mind maps etc)**



**Prioritise topics you're less confident on**



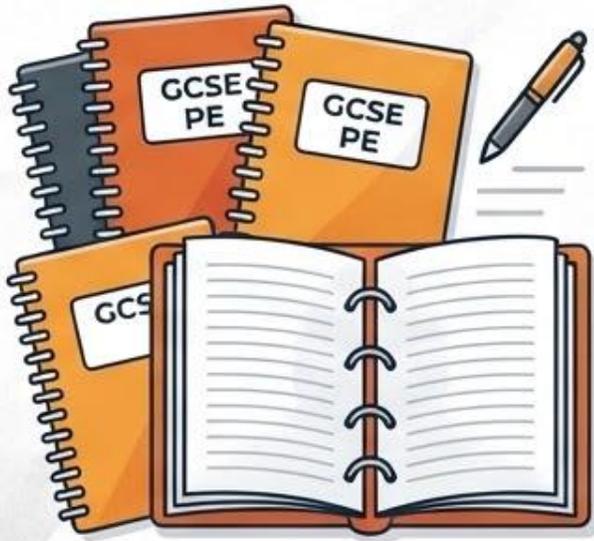
47% of students believe music helps them concentrate

2014 study (Perham and Currie)

**If you must listen to music, make it without words.**

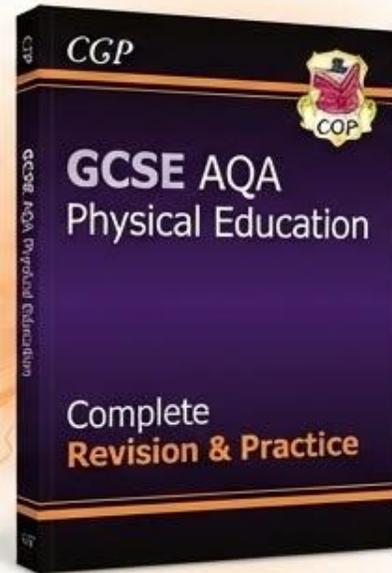
# REVISION RESOURCES

## 1. GCSE PE BOOKLETS



Amazing resources completed in class

## 2. AQA GCSE PE REVISION GUIDE



(Available online)

## 3. TOYNBEE SHAREPOINT SITE



Access to power points and booklets

# REVISION RESOURCES: PRACTICE EXAM QUESTIONS

## PRACTICE EXAM QUESTIONS



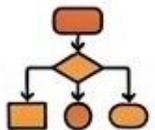
### BENEFITS OF PRACTICE



Build confidence



Increase subject knowledge



Understand how to answer GCSE PE exam papers



### THE IMPORTANCE OF 9-MARK QUESTIONS

## 9 MARK QUESTIONS



Guaranteed in both paper 1 and 2



Worth 15% of your overall GCSE PE grade



### HOW TO ACCESS RESOURCES



Grab practice exam papers and questions from the PE office



Speak to your teacher

# GCSE PE EXAM DATES

MAY

22

**PAPER 1: 22<sup>nd</sup> May**

Physical factors  
affecting performance



JUNE

1

**PAPER 2: 1<sup>st</sup> June**

Socio-cultural issues  
and sports psychology



**You got this!**

