



# Overview of Physical Education GCSE Summer 2022 Exams;

## Changes Made for 2022 Only

For each paper the list shows the major focus of the content of the exam.

### **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)



### **What does this mean?**

- Focus the majority of your revision on the topics above. Your A01, A02 and A03 knowledge will be important in these topics. All of the high scoring questions will be on these topics
- Spend less time revising areas not on this list. You may need to name, list or refer to knowledge from other areas but this will be limited.
- Your teacher will help you by focusing on the major topics also during lessons. They will test your A01 knowledge in topics not listed as these may appear as multiple choice / short answer questions on your exams.
- Remember that you can use your knowledge of topics not listed as these will still be credited by examiners in synoptic questions. This means you might mention these topics in one of your 'bigger' answers and you would get credit for it.