

# GCSE PE – Year 9 – Component 3

## Practical Performance

1. AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport - General performance skills during individual and team activities



2. Assessment Window 1

5. AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport – Conditioned practice and match specific footage



4. Assessment Window 2

3. AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport – Conditioned practice and match specific footage

6. AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance



7. Assessment Window 3

# GCSE PE – Year 10 – Component 4 Personal exercise programme (PEP)

1. AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport - Planning phase of your PEP



2. Assessment Window 1

5. AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport – Evaluation of PEP



4. Assessment Window 2

3. AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport – Carrying out and monitoring the PEP

6. AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance



7. Assessment Window 3

# GCSE PE – Year 11 – Component 1 Fitness & Body Systems

1. AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport - Applied anatomy and physiology/Movement analysis



# GCSE PE – Year 11 – Component 2 Health & Performance

2. Assessment Window 1

5. AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport – Health, Fitness & Wellbeing/Sports psychology



4. Assessment Window 2

3. AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport – Physical training/Use of data

6. AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance – Socio cultural influences/Use of data



7. Assessment Window 3