GCSE Physical Education

Exam Board: AQA

Specification: 8582

Physical Education GCSE 8582 Specification

Contact details:

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Year 11

Autumn 1 – Socio-cultural Influences + Health and Wellbeing

Students are expected to complete the following…	**Students are challenged to complete the following…**
• You identify the basic relationship between sport, sponsorship, and media, noting that media coverage increases exposure for sponsors, and sponsorship helps fund sports. • You identify basic examples of the positive and negative impacts of technology on performers, sport, officials, audiences, and sponsors. • You provide basic definitions for etiquette, sportsmanship, gamesmanship, and contract to compete, explaining the core ideas of fair play, respect, and strategic behavior in sports. • You correctly identify the categories of prohibited substances (e.g., stimulants, narcotic analgesics, anabolic agents) and briefly explains their function in enhancing performance. • You identify some basic positive and negative side effects of performance-enhancing substances, with simple examples (e.g., anabolic steroids can increase muscle mass but may cause cardiovascular damage). • You describe how blood doping works (e.g., increasing the red blood cell count to enhance oxygen delivery) and identify basic side effects (e.g., risk of clotting, stroke). • You identify how spectators positively influence sports, such as creating a motivating atmosphere or financially supporting the sport through ticket sales and merchandise. • You identify basic reasons for hooliganism, such as social identity, alcohol consumption, or rivalries between teams. • You identify basic strategies to address poor spectator behaviour, such as increased security, banning alcohol, or using stricter penalties. • You identify how physical activity improves physical, emotional, and social health and wellbeing. • You give examples of how fitness helps with everyday tasks and reduces the risk of injury. • You identify health risks linked to a sedentary lifestyle, such as obesity or heart disease. • You identify how obesity affects sports performance (e.g. limits flexibility or stamina). • You identify the three body types: endomorph, mesomorph, and ectomorph. • You identify the role of carbohydrates, fats, proteins, and water in a balanced diet.	• You explain in depth the interdependence of sport, sponsorship, and the media, discussing how media coverage attracts sponsors and how sponsorship funds help improve sport infrastructure, promote events, and increase visibility. • You critically evaluate how technology influences various aspects of sport. You explore how innovations like performance-tracking devices, instant replays, or virtual reality have transformed the sport experience for both players and spectators. • You offer thorough and comprehensive definitions of the terms, using specific examples from a variety of sports to illustrate each concept. • You provide a detailed explanation of each category of prohibited substances, including how they function within the body to enhance performance. • You consider the psychological, social, and ethical implications of using performance-enhancing drugs, linking it to broader sporting contexts and the integrity of competition. • You provide a detailed explanation of how blood doping is carried out (e.g., using erythropoietin or blood transfusions) and discuss its physiological effects, both positive and negative, with a comprehensive understanding of the risks involved. • You explore in depth how spectators create a positive environment for athletes and contribute to the success of sporting events, discussing the psychological benefits for performers. • You analyse the complex social, psychological, and economic factors that contribute to hooliganism, discussing its impact on both the reputation of sports and the safety of participants and spectators. • You provide a detailed exploration of various strategies, including fan education, changes in stadium policies, and collaboration with local authorities. • You evaluate how obesity creates barriers to taking part in physical activity. • You justify why a certain somatotype is best for a particular sport or position. • You apply this knowledge to sporting situations (e.g. how dehydration affects a long-distance runner or footballer).
Assessment Methods	
• Do Now Tasks • Mini whiteboard tasks • Formative assessment – questioning • End of Topic Assessment	

EAD: Monday 5th October 2026

Autumn 2 – Paper 2 Mock Exam

Students are expected to complete the following…	Students are challenged to complete the following…
• You understand the basic characteristics of skill, ability and basic types of practice. • You can describe simple mental preparation techniques and their purpose. • You show a developing understanding of how motivation and feedback affect performance. • You understand the basic factors that influence participation in sport, such as age, gender and family. • You can identify simple examples of how sport is affected by media or sponsorship. • You understand the basic components of health and fitness and can describe their importance. • You can outline simple lifestyle factors that affect well-being, such as diet, sleep and activity levels. • You can interpret simple data linked to participation trends, lifestyle factors or performance analysis. • You can extract information accurately from basic charts or tables.	• You apply psychological concepts confidently to sporting examples, explaining how they influence performance. • You can clearly explain how different types of practice, feedback and guidance support skill development. • You show clear understanding of how media, commercialisation and technology can help or hinder performance. • You show confident knowledge of balanced diet, nutrition and the impact of inactivity. • You use the data to support well-reasoned explanations or judgements.
Assessment Methods	
• Do Now Tasks • Mini whiteboard tasks • Formative assessment – questioning • Y11 Mock Exam – Paper 2	

EAD: Monday 30th November 2026

Spring 1 and Spring 2 – Paper 1 Mock Exam

Students are expected to complete the following…	Students are challenged to complete the following…
• You understand the basic functions of the skeletal and muscular systems and can recall key structures with some accuracy. • You can identify major bones and muscles and describe their roles in movement. • You can identify the basic types of levers, planes, and axes and describe their general purpose in movement. • You show a developing understanding of how the body moves in different directions. • You understand the basic structure and function of the heart, lungs, and circulatory system. • You can describe simple changes that occur during exercise, such as increases in breathing and heart rate. • You can describe key short-term and long-term effects of exercise on the body's systems. • You show a basic understanding of how training improves fitness. • You can identify components of fitness and outline the principles of training. • You can give simple examples of how training can improve fitness levels. • You can interpret basic data such as heart rate, graphs, or tables with reasonable accuracy.	• You can confidently apply your knowledge of the skeletal and muscular systems to explain how movement is produced in different sporting situations. • You show strong understanding of how bones, muscles, and joints work together and use this accurately in exam answers. • You apply your understanding of levers, planes, and axes to sporting actions with accuracy and detail. • You clearly explain how different types of movement occur and why certain lever systems benefit performance. • You confidently explain how the cardiovascular and respiratory systems respond to exercise and apply this to performance. • You can link concepts such as oxygen transport, heart rate, and breathing rate to different sporting demands. • You clearly explain the effects of exercise and apply them to specific training scenarios or sporting examples. • You show strong understanding of how training adaptations improve performance. • You confidently apply the principles of training to design or explain effective training programmes. • You show understanding of how different types of training relate to specific sports or performance goals. • You can analyse data confidently and use it to explain performance or training decisions.
Assessment Methods	
• Do Now Tasks • Mini whiteboard tasks • Formative assessment – questioning • Y11 Mock – Paper 1 exam	

EAD: Wednesday 24th February 2027