

PE Key Stage 4 Homework

Frequency of Homework for KS4 (GCSE PE) students

Students who have enrolled onto the AQA GCSE PE course should expect to be set homework from three lessons across a two week period. The focus of this homework will be from the theory element of the course and will be in a booklet form. There is an ongoing homework expectation that students should be actively participating in their chosen three sports that link directly into the 40% practical element of the course.

Overview of topics

Chapter 1a: Applied anatomy and physiology

B: The structure and function of the cardio-respiratory system

C: Anaerobic and aerobic exercise

Chapter 2: Movement analysis

Chapter 3: Physical training

Chapter 4: Sports psychology

Chapter 5a: Socio-cultural influences

5b: Commercialisation of physical activity and sport

5c: Ethical Issues

Chapter 6: Health and Fitness

Chapter 7: Use of data

Chapter 8: Non examined assessment

Types of homework

Questions in the homework booklet will be past exam questions ranging from multiple choice to short and long answer questions. Additional homework may include responding to teacher feedback or revision for upcoming tests and assessments.