Your notes

GCSE PE: revision notes

Practical performance and analysis (NEA)

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How the practical is assessed (AQA)

- The practical (non-exam assessment) is 40% of the GCSE. The two written papers are worth 30% each.
- You are assessed in three activities from the approved list: one team activity, one individual activity, and a third that can be either.
- In each activity you are marked on your **skills in isolation** (in drills) and in a formal or **competitive situation**.
- You also write an analysis and **evaluation** of performance, marked out of 25.

The written analysis and evaluation

- Analyse two strengths and two weaknesses of your performance in one activity, using the correct terms and linking them to components of fitness and skills.
- Evaluate: explain why they are strengths or weaknesses, and how they affect your performance.
- Write an **action plan** to improve a weakness, using principles and methods of training, such as progressive overload and specificity.
- Use theory from the course: for example, link poor stamina late in a match to cardiovascular endurance, and plan continuous or Fartlek training.

Getting the best marks

- Practise core skills until they are consistent, then practise them in game-like situations.
- Film your performances to analyse them and get feedback.
- Keep an evidence log of your training and matches, and check which activities your school offers for assessment.

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Key terms

NEA	Non-exam assessment: the practical and written parts of the course.
Skills in isolation	Performing skills in drills, away from a game. (AQA)
Competitive situation	Performing in a game or formal event. (AQA)
Action plan	A plan of training to improve a weakness.
Evaluation	Judging strengths and weaknesses and their effect on performance.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. How much of the AQA GCSE PE qualification is the practical (NEA)? (AQA)
2. How many activities are assessed in the AQA practical? (AQA)
3. What must the three AQA activities include? (AQA)
4. What are you marked on in each activity? (AQA)
5. What does the written analysis ask you to identify?
6. What should an action plan use?
7. How can filming your performance help?
8. What mark is the written analysis and evaluation out of?

Answers

1. 40%
2. Three
3. At least one team activity and one individual activity
4. Skills in isolation and in a competitive situation
5. Strengths and weaknesses in your performance
6. Principles and methods of training
7. It lets you analyse strengths and weaknesses
8. 25

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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