**How to complete the 6 and 9 mark Edexcel GCSE PE Exam Questions**

**What do I need to understand?** For each of the longer mark questions, you need to understand what is required to achieve each of the assessment objectives (The AO’s):

* **AO1 –** KNOWLEDGE! Demonstrate a brief/concise understanding of the key terms/words/topics required for the questions. This would often require **definitions.**
* **AO2 –** APPLICATION! Apply the key words to the question, providing **clear examples** to support your points.
* **AO3 –** EVALUATION/ANALYSIS/JUSTIFICATION/DISCUSSION (Say why)! This is an opportunity to argue both sides (positives/negatives) and provide recommendations.

**Marks for a 6 mark question:** AO1 = 2 marks, AO2 = 2 marks and AO3 = 2 marks (AO1 – Knowledge, A02 - Application, AO3 – Analyse and evaluate.

**Marks for a 9 mark question:** AO1 = 3 marks AO2 = 3 marks and AO3 = 3 marks (AO1 – Knowledge, A02 - Application, AO3 – Analysis and evaluation). You will be able to talk about/analyse/evaluate more and link/recommend more information for the **9 mark questions.** THESE REQUIRE MORE BREADTH AND DEPTH OF KNOWLEDGE!

**REMEMBER THE RHYME –** Knowledge – Apply – Say Why.

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| AO1 – descriptionState, identify, name, describe, define, outline etc. **This often requires DEFINITIONS!** Example question: **9 mark question** Using a team sport of your choice, **evaluate** how appropriate it would be to a performer to use interval and weight training.  | PE: (3 marks)TERMINOLOGYPicking up 3 marks for the question to the left. **Define interval and weight training!** Interval training involves periods of high intensity work interspersed with periods of rest. It can often be called high intensity interval training. Weight training can be used to develop muscular strength and endurance and involves sets and repetitions. **2 marks achieved immediately!**  |
| AO2 – applicationExplain, apply etc. **Apply interval and weight training to a team sport!** Example question: **9 mark question** Using a team sport of your choice, **evaluate** how appropriate it would be to a performer to use interval and weight training.  | PE (3 marks)LINK TO EXAMPLE! Provide examples! **For these 3 marks, you simply need to apply the use of both types of training (interval and weight) to a named (ONE) team sport.** The best examples for this question are Football, Rugby, Volleyball, Basketball, Handball, etc. Volleyball – High intensity work can mimic/replicate the work within a rally which is followed by a rest before the next serve after the point has been won. Volleyball is not continuous. Weight training can improve strength which would benefit power and the ability to jump at the net and spike to win a point. Or, muscular endurance can help to maintain technique during a long match to prevent muscles from tiring.  |
| AO3 – Analysis and evaluationSTRENGTHS/LIMITATIONSAnalyse, evaluate, discuss, compare + contrast etc. **Here, you often need to highlight positives and negatives and make appropriate recommendations.** **9 mark question from PPE 1 (14.03.18):** Using a team sport of your choice, **evaluate** how appropriate it would be to a performer to use interval and weight training. | PE (3 marks)**Most of your marks are obtained here so more detail/depth is required.** **The points below can provide an evaluation/analysis for this question:** Using 2 types can prevent tedium and increase motivation to train. Links to certain positions – **For example, interval may be effective for a centre forward/goal shooter but fartlek may be more beneficial to a midfielder/centre as they require high levels of CV endurance and need to work for long periods at different speeds and intensities.** Too much weight training (heavy weights) may build strength but reduce speed and endurance levels. **Recommend other types of training that may be more appropriate,** **EXPLAINING WHY!**  |

**Extra Support:**

**Always use specialist vocabulary and key words associated with the question.**

When you’re completing any 6 and 9 mark questions, always remember the structure:

**Knowledge, Apply, Say why.**