



The PE Classroom

Edexcel GCSE PE

Command Words

TOP TIP:

- Elaborate key points
- Stay focused on the question



Here you do not need to recall the definition of the types of feedback. Rather, focus on applying them to context to evaluate their use.

Q: Feedback can be given to a performer extrinsically or intrinsically. Justify why extrinsic feedback would be more beneficial for a beginner in sport. (2 marks)

Answer: A beginner will be unable to identify what needs to be worked on to improve (AO3), so need to rely on the feedback of others (extrinsic feedback) to find out what needs to be corrected to improve (AO3).

This question requires 3x AO3 points to analyse the data.

AO3 Questions

Analyse information to evaluate/interpret/make conclusions about a topic or situation, using your understanding of the theoretical content

3-4 marks

Command Word	Description
Analyse	Separate information into components and identify their characteristics
Assess	Provide reasoned argument of factors to reach a judgement regarding their importance to the question context.
Describe	Accurately recall some facts, events or processes.
Determine	Use given data or information to obtain an answer.
Evaluate	Provide a judgement from available evidence
Explain	Give reasons for/against

Q: Explain why it is important for a weightlifter to consider the timing of their protein intake. (3 marks)

Answer: Protein intake allows the weightlifter's muscles to repair/grow (AO2). Protein should be consumed soon after exercise (AO2). Therefore the weightlifter will recover from training quickly and performance will be improved (AO3).

Some questions require you to demonstrate applying your knowledge first, before analysing and applying it to the question.

Ellie is following a 6 week circuit training program to improve her fitness for volleyball. The table shows her fitness test results collected during her 6 week training program.

Fitness Test	Week 2	Week 3	Week 4	Week 5	Week 6
Multi Stage Fitness Test	7	8	8	8	9
Vertical jump test	41.5cm	42.0cm	42.5cm	43.0cm	43.5cm
30m sprint test	5.55s	5.55s	5.57s	5.57s	5.59s

Q: Analyse the data in the table to determine the trends for each fitness test (3 marks).

Give it a go!

Q: Explain one reason for warming up before a training session and one reason for a cool down after a training session. (4 marks)

Answer: A warm up increases mobility and stretching (AO1). This will reduce the risk of injury (AO3).

During a cool down, lactic acid begins getting removed from muscles (AO1). This will mean that the performer recovers from the session quicker and will be ready to train again (AO3).