



WJEC GCSE
Physical Education
3555QT
Summer 2022 examinations

Unit 1	Introduction to Physical Education	Tuesday, 24 May 2022
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Advance Information

General information for students and teachers

This advance information provides the focus of the content of the Summer 2022 examination paper.

It does not apply to any other examination series.

It is intended to support revision.

It may be used at any time from the date of release.

It must not be taken into the examination.

Released: 7 February 2022

Subject information for students and teachers

Further information about adaptations to WJEC GCSE and GCE qualifications in 2022 is available at: <https://www.wjec.co.uk/home/summer-2022-adaptations/>

This advance information covers Unit 1 only. There is no advance information for Unit 2 (NEA). The information for Unit 1 is provided in specification order and not in question order. The structure of the paper remains unchanged.

It is advised that teaching and learning should still cover the entire subject content in the specification. It is important that students cover the curriculum as fully as possible, so that they are as well prepared as possible for progression to the next stage of their education.

The following areas of content are suggested as key areas of focus for revision and final preparation. These topic areas will be largely, although not exclusively, tested through the higher tariff questions. Other subject content not listed in the advance information will be covered in the remaining questions. Students will be credited for using any relevant knowledge from any other topic areas when answering questions. Students will be expected to draw on knowledge, skills and understanding from across the specification when responding to synoptic questions.

1. Health, training and exercise

- Components of fitness
- Methods of training
- Principles of training and exercising

2. Exercise Physiology

- Cardio-respiratory and vascular system
- Short- and long-term effects of exercise

End of advance information