

How to Succeed in GCSE PE

Course Information

Exam Board	OCR
Exam Structure	2x 60min exam papers PAPER 1: MONDAY 19th MAY PM PAPER 2: MONDAY 9th JUNE PM
Specification weblink	www.ocr.org.uk/qualifications/gcse/physical-education-j587
Practice exam papers weblink	https://revisionworld.com/gcse-revision/pe-physical-education/past-papers/ocr-gcse-pe-past-papers

Units/Topics studied

Paper 1 – Physical factors affecting performance – Applied anatomy and physiology

- *1.1a – Structure and function of the skeletal system*
- *1.1b - Structure and function of muscular system*
- *1.1c – Movement analysis*
- *1.1d - The cardiovascular and respiratory system*
- *1.1e – Effects of exercise on the body systems*
- *1.2a – Components of fitness*
- *1.2b – Applying the principles of training*
- *1.2c – Preventing injury in physical activity and training*

Paper 2 – Socio-cultural differences

- *2.1a – Engagement patterns of different social groups in physical activity and sport.*
- *2.1b – Commercialisation of physical activity and sport*
- *2.1c – Ethical and socio-cultural issues in physical activity and sport*
- *2.2 – Sports psychology*
- *2.3 – Health, fitness and wellbeing*

Revision strategies and materials

- *GCSE Physical Education OCR revision Question cards (created by CGP) can be brought on Amazon*
- *My Revision Notes: OCR GCSE (9-1) PE Third Edition by Sarah Powell*
- *Flash cards (students already have socio cultural for every topic)*
- *Exercise books – students have all notes for both papers*
- *GCSE POD*
- *Youtube – OCR PE channel*
- *OCR (website) – Exam papers from previous years.*
- *Will be given revision booklets by class teacher for each paper*