

GCSE Subject: Physical Education

What revision is expected and where can revision resources be located: <i>A3 Revision Mind Maps</i> <i>OCR Past Papers T-Drive</i> <i>Revision Schedule next page</i> <i>Revision booklet provided by class teacher</i>	Exam dates: <i>Friday 22nd May Paper 1 AM Exam</i> <i>Monday 1st June Paper 2 AM Exam</i>
Help sessions available: <i>Starting After Easter Dedicated weekly afterschool revision sessions with focused topics outlined. A schedule will be announced next term.</i>	Recommended revision guides: <i>CGP Red GCSE PE Physical Education Revision Guide</i> An additional revision guide can be found here: https://amzn.eu/d/2ir6hMI

Recommended revision sites:

BBC Bitesize | <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

OCR Complete YouTube | <https://www.youtube.com/@ocrpecomplete>

Seneca Learning | [Seneca - Learn 2x Faster](#)

Week beginning...	Topic	Focus for your revision this week	Complete (tick)	Topic	Focus for your revision this week	Complete (tick)	Weeks left
Monday 5th January	Paper 1 Skeletal system	Location of major bones in the body Articulating bones of elbow, knee, hip and shoulder		Paper 2 Commercialisation	Types of media Golden triangle Sponsorship – positives and negatives		19
Monday 12th Jan	Paper 2 Socio-cultural	Current trends in participation. National Governing Bodies Factors affecting Participation		Paper 1 CV system	Labels of the heart Pathway of blood through the heart (including double circulatory system)		18
Monday 19th Jan	Paper 1 Muscular system	Location of major muscles in the body		Paper 1 CV system	Different types of blood vessels: Arteries, Veins and Capillaries		17
Monday 26th Jan	Paper 1 Respiratory system	Pathway of air through the respiratory system		Paper 2 Socio-cultural	Promotion, provision and access Initiatives to increase participation		16
Monday 2nd February	Paper 1 Movement analysis	Components of a lever Examples of 1 st , 2 nd and 3 rd class levers Mechanical advantage		Paper 1 Skeletal system	Functions of the skeleton		15
Monday 9th Feb	Paper 1 Muscular system	Antagonistic muscle pairs Examples from sporting movements		Paper 2 Ethics in sport	Sportsmanship, gamesmanship, deviance and violence		14
Monday 16th Feb	Paper 1 Physical training	Components of fitness Definitions and tests		Paper 1 Movement analysis	Planes and axes. Examples from sporting actions		13
Monday 23rd Feb	Paper 2 Sport psychology	Types of guidance		Paper 1 CV system	Pulmonary and system circuits Definitions of: Heart rate Stroke volume Cardiac output		12
Monday 2nd March	Paper 1 Respiratory system	Breathing in and out Definitions of: Breathing rate Tidal volume Minute ventilation		Paper 1 Respiratory system	Gaseous exchange		11
Monday 9th March	Paper 2 Sport psychology	Types of feedback		Paper 2 Sport psychology	Characteristics of skilful movement		10
Monday 16th March	Paper 1 Physical training	Principles of training SPOR and FITT		Paper 2 Sport psychology	Goal setting SMART targets		9

