GCSE Subject: Physical Education

What revision is expected and where can
revision resources be located:

A3 Revision Mind Maps

OCR Past Papers | T-Drive

Revision Schedule | next page

Revision booklet | provided by class teacher

Help sessions available:

Starting After Easter | Dedicated weekly afterschool revision sessions with focused topics outlined. A schedule will be announced next term.

Exam dates:

Friday 22nd May | Paper 1 | AM Exam Monday 1st June | Paper 2 | AM Exam

Recommended revision guides:

CGP | Red | GCSE PE Physical Education Revision Guide An additional revision guide can be found here: https://amzn.eu/d/2ir6hMl

Recommended revision sites:

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

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

Seneca Learning | <u>Seneca - Learn 2x Faster</u>

Week beginning	Topic	Focus for your revision this week	Complete (tick)	Topic	Focus for your revision this week	Complete (tick)	Weeks left
Monday 5 th 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 12 th 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 19 th 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 26 th 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 2 <u>nd</u> <u>February</u>	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 9 th Feb	Paper 1 Muscular system	Antagonistic muscle pairs Examples from sporting movements		Paper 2 Ethics in sport	Sportsmanship, gamesmanship, deviance and violence		14
Monday 16 th Feb	Paper 1 Physical training	Components of fitness Definitions and tests		Paper 1 Movement analysis	Planes and axes. Examples from sporting actions		13
Monday 23 rd 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 2 nd 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 9 th March	Paper 2 Sport psychology	Types of feedback		Paper 2 Sport psychology	Characteristics of skilful movement		10
Monday 16 th March	Paper 1 Physical training	Principles of training SPOR and FITT		Paper 2 Sport psychology	Goal setting SMART targets		9

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Monday 23 rd March	Paper 1 Skeletal system	Types of synovial joint Components of a synovial joint and their function		Paper 1 Skeletal system	Types of movement at hinge and ball and socket joints		8	
Monday 30 th March	Paper 2 Sport psychology	Mental preparation		Paper 2 Health and fitness	Definitions of health, fitness and well-being		7	
Monday 6 th April	Paper 1 Physical training	Methods of training and how each links to improving certain components of fitness		Paper 1 Physical training	Components of warm-up and cool-down Benefits of warm-up and cool-down		6	
Monday 13 th April	Paper 2 Health and fitness	Consequences of a sedentary lifestyle – physical, emotional and social		Paper 1 Effects of exercise	Short term and long-term effects of exercise on the skeletal, muscular, cardiovascular and respiratory systems		5	
Monday 20 th April	Paper 2 Health and fitness	Components of a balanced diet Obesity Effects of diet and hydration		Paper 1 Preventing injury	Risk of injury and how it can be minimised Identifying hazards in a range of activities and facilities		4	
Monday 27 th April	Paper 1 CV system	Aerobic and anaerobic exercise Examples of each		Paper 1 and 2	Synoptic 6-mark questions		3	
Monday 4 th May	Paper 1	Practice exam questions		Paper 1	Practice exam questions		2	
Monday 13 th May	Paper 1 and 2	Synoptic 6-mark questions		Paper 1	Practice exam questions		1	
Friday 22 nd May	PAPER ONE EXAM (1 HOUR – AM)							
Monday 25 th May	Paper 2	Practice exam questions		Paper 2	Practice exam questions			
Monday 1 <u>st</u> <u>June</u>	PAPER TWO EXAM (1 HOUR – AM)							