

Physical Education – Exam Board: OCR

Subject Overview (coursework/exam split, timings, weightings etc.):

Component 01

OCR J587 – Paper 1, Physical factors affecting performance

30% of total GCSE

60 marks

1 hour written paper

Component 02

OCR J587 – Paper 2, Socio-cultural issues and sports psychology

30% of total GCSE

60 marks

1 hour written paper

In both papers questions will assess your ability to:-

A01) Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport (25% of total marks)

A02) Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport (20% of total marks).

A03) Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport (15% of total marks).

Topics will be examined using a mixture of multiple choice, short answers and extended response items across both Section A and B of each paper.

The extended response questions are worth 6 marks each. It is a levels marked question and can be synoptic in nature (i.e. requires you to link your extended response to various areas of the specification). These questions are identified with an asterix (*) after the question number. (one on each paper).

Component 03

Practical Activity Assessment and Analysing and Evaluating Performance (AEP)

40% of total GCSE

80 marks

Non exam assessment (NEA)

3 activities (one individual, one team, one of own choice)

In this component you will be assessed on your ability to:-

A04) Demonstrate and apply relevant skills and techniques in physical activity and sport.
Analyse and evaluate performance.



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Key Topics

Paper 1

- Applied Anatomy and Physiology
 - Structure and function of the major body systems, (skeletal, muscular, respiratory and circulatory systems)
 - Movement Analysis (levers, planes and axes)
 - Effects of Exercise on the body systems (short and long term effects)
- Physical Training
 - Components of Fitness
 - Applying the Principles of training (principles, warm up, cool down, types of training)
- Prevention of Injury

Paper 2

- Socio Cultural Influences:-
 - Engagement patterns of different social groups
 - Commercialisation of physical activity and sport
 - Ethical and socio cultural issues in physical activity and sport
- Sport Psychology (characteristics of skill, skills classification, goal setting, mental preparation, feedback and guidance)
- Health, fitness and well being
 - Benefits of physical activity and consequences of a sedentary lifestyle)
 - Diet and Nutrition

Useful websites:

- www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016
- **My Revision Notes: OCR GCSE (9-1) PE 2nd Edition**
<https://delta.hoddereducation.co.uk/EInspection/9781510405257/files/index.html?x=74434b48ab424be6b0cc6ad40c4a3e8c>
- www.teachpe.com
- www.prezi.com
- www.gcsebitesize.com
- www.youtube.com (OCR related information for GCSE PE only)
- www.GoConqr.com (online notes and resources)
- www.s-cool.co.uk
- www.pe4learning.com

Useful resources:

- **The Everlearner**, use your personal log in to access video tutorials and exam questions.
- **Use OCR GCSE PE Revision Guides** – available from the PE Department at a discounted price of £5.
- **OCR / You tube podcasts**
- You can also access **GCSE PE PowerPoints and GCSE PE Topic on a Page** on the Student shared (Student shared>PE>GCSEFOLDER2016-18>GCSE PowerPoints)



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Useful revision tips:

- Be familiar with the assessment objectives and the command words associated with each objective that could be used in exam questions.
- **Mnemonics / Acronyms**:- Movement analysis:- ALPS – Axis=Longitudinal / Plane = Sagittal, 123=PLE, SPOR (Specificity, Progression, Overload and Reversibility).
- **Memory principles** – Senses: practical activity to help recall types of muscle contraction / antagonistic pairs, route of O₂/CO₂ in respiratory system or blood flow in CV system etc.
- **Body Pegs** – e.g. location and functions of muscles and bones.
- **Mind maps** – extended questions, burger/sandwich structure, conjunction links.
- **Deconstructing the exam**: Section timings, order of answers, against the clock, Who Wants To-Be-A Millionaire for multiple-choice technique etc. Use PPQs / SAMs.
- **Flashcard quizzes**: Key terms/glossary recall.