

Physical Education – Exam Board: OCR

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

Physiological factors affecting performance Anatomy and physiology, exercise physiology, bio-mechanics.

2 hours 30%

Psychological factors affecting performance

Skill acquisition and sports psychology

1 hour 20%

Socio-cultural and contemporary issues

Sport, society and technological influences

1 hour 20%

Performance within Physical Education

Part 1: Performance/coaching of a sport or activity.

Part 2: The evaluation and analysis of performance for improvement (EAPI) of a sport or activity.

Non external Assessment (NEA) 30%

Key Topics for Y12 mocks

Paper 1 – 2 hours

Physiological factors affecting performance

- 1.1 Applied anatomy and physiology
 - Skeletal and muscle systems
 - Cardiovascular and respiratory systems
 - Environmental affects on body systems
- 1.2 Exercise physiology
 - Diet and nutrition
 - Preparation and training methods
 - Injury prevention and rehab

Paper 2 – 1 hour

Socio-cultural issues in physical activity and sport

- 3.1 Sport and Society
- 3.2 Contemporary issues in physical activity and sport

Useful websites:

- [**Everlearner.com**](https://www.everlearner.com)
- [**www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016**](http://www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016)
- [**www.youtube.com**](https://www.youtube.com) (OCR related information for GCSE PE only)
- [**www.GoConqr.com**](http://www.GoConqr.com) (online notes and resources)
-

Useful resources:

- **The Everlearner**, use your personal log in to access video tutorials and exam questions.
- **Use OCR A level PE books with all course content**
- **OCR / You tube podcasts**
- You can also access A level **PE PowerPoints and videos on google classroom**



RAINFORD
HIGH

PART OF RAINFORD ACADEMIES TRUST

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.