























OCR GCSE PE Discretionary Tasks









Read

-  My Revision Notes - GCSE OCR PE Revision Guide
-  Sport section of newspapers/magazines/BBC Sport
-  Run, Swim, Throw, Cheat – The science behind drugs in sport. *Chris Cooper* 
-  Popular Mechanics Why a Curveball Curves: New & Improved Edition: The Incredible Science of Sports. *Robert Lipsyte (foreword), Frank Vizard (editor), William Hayes (revisor)*  
-  The Sports Gene: Talent, Practice and the Truth About Success. *David Epstein*   
-  Training Secrets of the World's Greatest Footballers: How Science is Transforming the Modern Game. *James Witts*   
-  The Performance Cortex: How Neuroscience is Redefining Athletic Genius. *Zach Schonbrun* 
-  How Bad Do You Want It?: Mastering the Psychology of Mind Over Muscle. *Matt Fitzgerald*  

Watch

-  BBC iPlayer – Sports category.
-  Live sport – anything, any channel!
-  The Ever Learner YouTube Channel
-  Icarus (2017)  
-  Stop at Nothing: The Lance Armstrong Story (2014)  
-  The Program (2015)  
-  Free Solo (2018) 
-  Ice Guardians (2016) 
-  The Short Game (2013) 
-  Undefeated (2011) 
-  Planet FIFA (2016) 
-  I Am Bolt (2016)   
-  The Last Dance – Michael Jordan and Chicago Bulls (2020)  
-  Netflix in general has many sporting documentaries and films to inspire and learn from!

Listen

-  Apple Podcasts – GCSE PE Podcast   
-  iTunes - #Wedoscience The Guru Performance   

Theeverlearner:

<https://www.theeverlearner.com/>

GCSE PE exam groups to log onto their Everlearner accounts. Students to work through each unit, complete the tasks, revise and then take the test at the end. Students can monitor their progress on this platform and will know how much of the course and revision they have completed. If you have any issues logging in, please let your GCSE PE teacher know.

BBC Bitesize OCR PE:

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

Students to work through each unit on here, creating their own A3/A4 mind maps based around the content. It is imperative that students select OCR at the beginning when they first log on as this is the exam board that we are doing.

Familiarisation with Sporting Specification Non Exam Assessment:

<https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment-gcse.pdf>

Students to spend time reading the basic and advanced skills that they will require for the sports that they are going to be assessed in. Students to create an A4 sheet of areas of the specification that they think they will be strong in and can perform confidently and areas that they need to invest more time in and focus their training and development towards once they are back in school.