

## Achieving your potential in GCSE PE?

### What dates do I need to remember?

- Tuesday 14<sup>th</sup> March – Deadline for filmed video evidence for offsite and exception sports (see below in the table)
- Monday 20<sup>th</sup> March – Mock Practical Moderation Day

### OCR GCSE PE- Assessment Structure

Paper 1 –Physical Factors Affecting Performance (1 hour) 30%  
Paper 2 – Socio-Cultural Issues and Sports Psychology (1 hour) 30%  
Section 3- Practical activity and AEP (40%)

### What will they be expected to know / do in the exam?

You can find the full specification here: <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

Paper 1 – Physical Factors Affecting Performance	Paper 2 - Socio-Cultural Issues and Sports Psychology.	Section 3 - Practical Activity and AEP
<b>Location of major bones</b> <b>Functions of the skeleton</b> <b>Types of synovial joints</b> <b>Location of muscles</b> <b>Muscle movements</b> <b>Movement Analysis – levers, planes and axis</b>	<b>Physical activity and sport in the UK</b> <b>Participation trends in sport</b> <b>Commercialisation of sport</b> <b>Health fitness and well-being</b> <b>Diet and nutrition</b> <b>Ethics in sport</b> <b>Drugs in sport</b> <b>Violence in sport</b> <b>Characteristics of movement</b> <b>Classifications of skills</b> <b>Goal setting</b> <b>Mental preparation</b> <b>Types of guidance and feedback</b>	<b>Three sports to be selected and each will be marked out of 20.</b> <b>Analysing and Evaluating Performance (AEP) to be marked out of 20</b>  <b>Offsite Sports which need video evidence</b> <b>Golf</b> <b>Boxing</b> <b>Swimming</b>  <b>Other activities which need video footage:</b> <b>Gymnastics</b> <b>Gaelic</b>

### What could they do to revise this information in a meaningful way?

#### Paper 1 & 2

- Mind maps for each of the above topics
- Complete past paper questions and hand in to your teacher for marking- Using OCR Exam Builder
- Create cue/flash cards for each of the above topics.

#### Section 3- Practical Sports

- Regular attendance to wider-curricular sports clubs for intervention sports
- Offsite activities: Recording and submitting onto OneDrive all the core/ advanced skills in isolation and in competitive situations (see below for NEA criteria for your sport- all aspects must be recorded). Parents can help by recording the footage.

#### Websites of interest

<https://www.bbc.com/bitesize/examspecs/ztrcg82www.johndclare.com>

[Senecalearning.com](http://Senecalearning.com)

<https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

(You can find here the specification and past exam papers)

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

(All core and advanced skills to be recorded and submitted on OneDrive for offsite activities)

