

Achieving your potential in GCSE PE?

What dates do I need to remember?

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

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

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](https://www.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)

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%)

