

Achieving your potential in GCSE PE?

What dates do I need to remember?

- **Core & Advanced Skills Video Footage for Offsite Sports:** Friday 15th December
- **Completion of Offsite Skills Footage to send to examiner:** Monday 5th February 2024
- **Log-Book Check in 2:** Monday 5th February 2024
- **Practical Mock Moderation:** TBC usually after February half term

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 Swimming Squash Other activities which need video footage: Gymnastics Trampolining Tennis Athletics

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 – you can download past papers from the OCR website.
- Create cue/flash cards
- Use the laminated sheets given to each student of the skeletal, muscular, CV and respiratory systems to help remember the structure of each system. This is foundation knowledge which underpins the rest of the content.
- Make models i.e. for the axis of rotation, to aid retention of information through a visual representation

Section 3- Practical Sports

- Regular attendance to wider-curricular sports clubs for intervention sports

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%)

- 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.youtube.com/c/TheEverLearner>

<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-gcse-guide-to-non-exam-assessment.pdf>

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