

✓ 12-Week OCR GCSE PE Revision Plan (Paper 1 & Paper 2)

Paper 1 prioritised in Weeks 1–4 (Mock Paper Revision)

Paper 2 in Weeks 5–10

Mixed recap in Weeks 11–12

■ Weeks 1–4: PAPER 1 — Physical Factors Affecting Performance

WEEK 1 — Skeletal, Muscular & Movement Analysis

Topics

- Functions of the skeleton
- Types of bones & joints
- Movement types
- Major muscles & antagonistic pairs
- Lever systems
- Mechanical advantage / disadvantage
- Planes & axes

Tasks

- Draw and label the skeleton + 11 key muscles.
 - Create a table: *muscle* → *movement* → *sport example*.
 - Draw all 3 lever systems with diagrams.
 - Make 20 self-quiz questions.
 - Attempt a 6-mark movement analysis question.
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WEEK 2 — Cardiorespiratory System

Topics

- Structure/function of the heart
- Pathway of blood
- Mechanism of breathing

- Gas exchange
- Short-/long-term effects of exercise

Tasks

- Label the heart and lungs; narrate blood flow as a voice note.
 - Write “breathing at rest vs exercise” from memory (blurting).
 - Flashcards for key terms (e.g. stroke volume, diffusion).
 - 2–3 past questions including one extended.
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WEEK 3 — Physical Training (Components, Tests, Training Types)

Topics

- Components of fitness
- Fitness tests
- Training types (circuit, weight, HIIT etc.)
- Health vs skill components

Tasks

- Complete fitness test revision cards.
 - Write a training plan for a chosen fitness component.
 - Complete exam questions comparing tests/components.
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WEEK 4 — Physical Training (Principles) & Paper 1 Recap

Topics

- Principles of training (SPOR, FITT)
- Warm-up + cool-down
- Preventing injury
- Effects of training
- Overall Paper 1 consolidation

Tasks

- Make a SPOR/FITT poster.

- Design a warm-up and cool-down for a sport.
 - Sit a **full Paper 1 past paper** (timed).
 - Create your “Top 5 Weakest Areas” for Paper 1.
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Weeks 5–10:

PAPER 2 — Socio-Cultural Issues & Sports Psychology

WEEK 5 — Participation, Commercialisation & Technology

Topics

- Barriers to participation
- Influences on participation
- Media, sponsorship, commercialisation
- Positive/negative impacts

Tasks

- Mind map barriers + solutions.
 - Case study: Media impact on one sport.
 - 6-mark commercialisation question practice.
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WEEK 6 — Conduct, PEDs & Violence in Sport

Topics

- Sportsmanship, gamesmanship
- Performance enhancing drugs (effects + reasons)
- Violence in sport

Tasks

- Create a PED table: effect → side effect → sport example.
 - Watch a clip and identify conduct examples.
 - One extended question on PEDs.
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WEEK 7 — Sports Psychology (Skills, Goals, Mental Prep)

Topics

- Classification of skills
- SMART goals
- Mental preparation techniques (imagery, concentration etc.)

Tasks

- Classify skills from videos or scenarios.
 - Write SMART goals for 3 performers.
 - Past paper questions on skills/goals.
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WEEK 8 — Sports Psychology (Arousal, Guidance, Feedback)

Topics

- Arousal theories (Inverted-U)
- Types of guidance
- Types of feedback

Tasks

- Draw and annotate the Inverted-U curve.
 - Create a guidance/feedback comparison table.
 - Mixed 2–6 mark questions.
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WEEK 9 — PAPER 2 Topic Recap (Socio-Cultural Focus)

Focus

Revisiting:

- Participation
- Media/commercialisation
- Conduct/PEDs
- Technology

Tasks

- Create 1-page revision summaries for each of the four areas.
 - Complete a 20–30 min mixed-topic quiz.
 - Attempt a longer 6–8 mark socio-cultural question.
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WEEK 10 — PAPER 2 Topic Recap (Sports Psychology Focus)

Focus

Revisiting:

- Skill classification
- Goal setting
- Mental prep
- Arousal
- Guidance & feedback

Tasks

- Flashcards for all psychology definitions.
 - Design example scenarios and classify them.
 - Complete a 30-minute psychology mini-mock.
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Weeks 11–12: Combined Recap & Exam Practice

WEEK 11 — Full Paper 2 Mock & Revision

Tasks

- **Sit a full Paper 2 past paper** (timed).
 - Mark and highlight your 5 weakest areas.
 - Create fix-up sheets for those areas.
 - Complete a 20–question mixed quiz.
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WEEK 12 — Final Mixed Revision (Paper 1 + Paper 2)

Tasks

- 15-minute rotation sessions:
 - Flashcards
 - Mind maps
 - Past paper questions
 - 6-mark questions
- Create final summary sheets for BOTH papers.
- Do a final 45-minute mixed-topic assessment