



OCR GCSE

Physical Education

Revision Timetable

2023-2024

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# subject: OCR GCSE Physical Education

## Physical factors affecting performance

This component will assess:

- 1.1 Applied anatomy and physiology
- 1.2 Physical training

## Socio-cultural issues and sports psychology

This component will assess:

- 2.1 Socio-cultural influences
- 2.2 Sports psychology
- 2.3 Health, fitness and well-being.

Two Written papers both 1 hour 30% of total GCSE (9–1) 60 marks each. This paper consists of a mixture of objective response and multiple-choice questions, short answers and extended response items.

[GCSE Physical Education - OCR - BBC Bitesize](#)

W/C	Topics	Resources
<b>25th March</b>	1.1.a. The structure and function of the skeletal system	<a href="#">Structure of the skeletal system - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>1st April</b>	1.1.b. The structure and function of the muscular system	<a href="#">Involuntary, voluntary and skeletal muscle - Muscular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>8th April</b>	1.1.c. Movement analysis	<a href="#">First, second and third class levers in the body - Movement analysis in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>15th April</b>	1.1.d. The cardiovascular and respiratory systems	<a href="#">Structure of the cardiovascular system - Cardiovascular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Structure of the respiratory system - Respiratory system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Anaerobic respiratory system - Aerobic and anaerobic exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>22nd April</b>	1.1.e. Effects of exercise on body systems	<a href="#">Assessment1 (hoddereducation.com)</a>

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		<a href="#">Short term effects of exercise on the body systems - Long and short term effects of exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>29th April</b>	1.2.a. Components of fitness	<a href="https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/1">https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/1</a>
<b>6th May</b>	1.2.b. Applying the principles of training	<a href="#">Assessment1 (hoddereducation.com)</a>
		<a href="#">The principles of training - Principles of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">The effects of the warm up and cool down process - Methods and effects of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>13th May</b>	2.1.a. Engagement patterns of different social groups in physical activities and sports 2.1.b. Commercialisation of physical activity and sport 2.1.c. Ethical and socio-cultural issues in physical activity and sport	<a href="#">Assessment1 (hoddereducation.com)</a>
		<a href="#">Participation in sport and influencing factors - Social groupings and participation in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Sporting behaviour - sportsmanship - Ethical factors in sports - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Elite sport, the media and sponsors - Commercialisation in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>20th May</b>	2.2 Sports psychology	<a href="#">Assessment1 (hoddereducation.com)</a>
		<a href="#">Characteristics of skilful movement - Classification of skill in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Coaching through visual guidance - Performance guidance in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Types of feedback - Performance feedback in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Imagery and mental rehearsal - Mental preparation - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>

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<b>Wednesday 22nd May (afternoon) - Physical factors affecting performance (01)</b>		
<b>27th May</b>	2.3 Health, fitness and well-being	<a href="http://hoddereducation.com">Assessment1 (hoddereducation.com)</a>
		<a href="#">Ensuring wellbeing through fitness and exercise - Health and wellbeing in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Physical activity levels - Sedentary lifestyles - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
		<a href="#">Energy balance equation and question - Diet and nutrition - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a>
<b>3rd May</b>		Socio-cultural issues and sports psychology (02)
<b>Monday 3rd June (afternoon) - Socio-cultural issues and sports psychology (02)</b>		



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