



OCR GCSE

Physical Education

Revision Timetable

2024-2025

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.

W/C	Topics	Resources (click the links)
17th February	1.1.a. The structure and function of the skeletal system	Structure of the skeletal system - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
24th February	1.1.b. The structure and function of the muscular system	Involuntary, voluntary and skeletal muscle - Muscular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
3rd March	1.1.c. Movement analysis	First, second and third class levers in the body - Movement analysis in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
10th March	1.1.d. The cardiovascular and respiratory systems	Structure of the cardiovascular system - Cardiovascular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
		Structure of the respiratory system - Respiratory system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize

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		Aerobic and anaerobic exercise - OCR
17th March	1.1.e. Effects of exercise on body systems	OCR GCSE PE Quizzes – The PE Classroom Short term effects of exercise on the body systems - Long and short term effects of exercise - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize
24th March	1.2.a. Components of fitness	https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/1
31st March	1.2.b. Applying the principles of training	OCR GCSE PE Quizzes – The PE Classroom The principles of training - Principles of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize The effects of the warm up and cool down process - Methods and effects of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
7th April	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	OCR GCSE PE Quizzes – The PE Classroom Participation in sport and influencing factors - Social groupings and participation in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize Sporting behaviour - sportsmanship - Ethical factors in sports - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize Elite sport, the media and sponsors - Commercialisation in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize

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14th April	2.2 Sports psychology	OCR GCSE PE Quizzes – The PE Classroom
		Characteristics of skilful movement - Classification of skill in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
		Coaching through visual guidance - Performance guidance in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
		Types of feedback - Performance feedback in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
		Imagery and mental rehearsal - Mental preparation - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
21st April	2.3 Health, fitness and well-being	OCR GCSE PE Quizzes – The PE Classroom
		Ensuring wellbeing through fitness and exercise - Health and wellbeing in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
		Physical activity levels - Sedentary lifestyles - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
		Energy balance equation and question - Diet and nutrition - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
28th April	1.1.a- 1.1.c	Use resource links above/ GCSE POD

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5th May	1.1.d- 1.1.e	Use resource links above/ GCSE POD
12th May	1.2.a- 1.2.b	Use resource links above/ GCSE POD
Monday 19th May (afternoon) - Physical factors affecting performance (01)		
19th May	2.1.a- 2.1.c	Use resource links above/ GCSE POD
26th May	2.2	Use resource links above/ GCSE POD
2nd May	2.3	Use resource links above/ GCSE POD
Monday 9th June (afternoon) - Socio-cultural issues and sports psychology (02)		

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