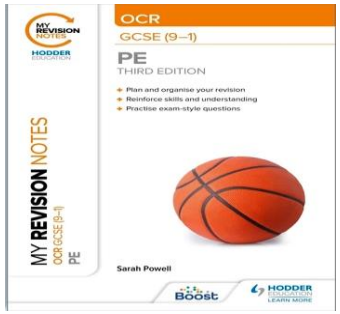
Exam Board	Recommended revision guide	Support available in school
OCR		**Practical:** After School: Tuesday: Cross Country Wednesday: Netball Thursday: Basketball/Hockey Lunchtime: Monday: Volleyball Wednesday: Girls Table Tennis Friday: Badminton / Boys Table Tennis

GCSE PE

Revision Schedule 2025-26

Useful online resources	Exam date(s)
BBC Bitesize: https://www.bbc.co.uk/bitesize/examspecs/ztrcg82 **Seneca Learning:** https://senecalearning.com/en-GB/blog/gcse-physical-education-revision/ - make sure to select the OCR GCSE Physical Education course. **Past paper questions:** https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/assessment/ **Colfox GCSE PE Knowledge organisers:** https://www.colfox.org/page/?title=Physical+Education&pid=49	**Written exams** Paper 1 – Physical factors affecting performance Friday 22nd May – 9.00am (1hr) Paper 2 – Socio-cultural issues and sports Psychology Monday 1st June – 9.00am (1hr) **Practical assessment** Final moderated assessment with exam moderator TBA (usually after Easter) **Written coursework:** FINISHED BY FRIDAY 6h FEBRUARY

September					
Week beginning…	**Topic**	**Content to revise**	**Complete (tick)**	**Knowledge test score**	**Weeks left**
Monday 8th	**2.2 Sport Psychology** Goal setting	understand and be able to apply examples of the use of goal setting: • for exercise/training adherence • to motivate performers • to improve and/or optimise performance understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed) • be able to apply the SMART principle to improve and/or optimise performance.			32
Monday 15th	**2.2 Sport Psychology** Mental Preparation	v mental preparation techniques and be able to apply practical examples to their use: • imagery • mental rehearsal • selective attention • positive thinking.			31
Monday 22nd	**2.2 Sport Psychology** Types of guidance	understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use: • visual • verbal • manual • mechanical.			30
Monday 29th	**2.2 Sport Psychology** Types of feedback	erstand types of feedback and be able to apply practical examples to their use: • intrinsic • extrinsic • knowledge of performance • knowledge of results • positive • negative.			29

October					
Monday 6th	**1.1.a.** **The Structure and Function of the Skeletal system** Location of bones and functions of the skeleton	**know the name and location of the following bones in the human body:** • cranium • vertebrae • ribs • sternum • clavicle • scapula • pelvis • humerus • ulna • radius • carpals • metacarpals • phalanges • femur • patella • tibia • fibula • tarsals • metatarsals. **understand and be able to apply examples of how the skeleton provides or allows:** • support • posture • protection • movement • blood cell production • storage of minerals.			28
Monday 13th	**1.1.a.** **The Structure and Function of the Skeletal system** Types of Synovial Joint	**know the definition of a synovial joint** **know the following hinge joints:** • knee – articulating bones – femur, tibia • elbow – articulating bones – humerus, radius, ulna **know the following ball and socket joints:** • shoulder – articulating bones – humerus, scapula • hip – articulating bones – pelvis, femur.			27
Monday 20th	**1.1.a.** **The Structure and Function of the Skeletal system** Types of movement at joints and other components of joints	**know the types of movement at hinge joints and be able to apply them to examples from physical activity/sport:** • flexion • extension **know the types of movement at ball and socket joints and be able to apply them to examples from physical activity/sport:** • flexion • extension • rotation • abduction • adduction • circumduction. **know the roles of:** • ligament • cartilage • tendons.			26
Monday 27th	**1.1.b.** **The structure and function of the muscular system** Location of major muscle groups and their roles in movement	**know the name and location of the following muscle groups in the human body and be able to apply their use to examples from physical activity/sport:** • deltoid • trapezius • latissimus dorsi • pectorals • biceps • triceps • abdominals • quadriceps • hamstrings • gluteals • gastrocnemius. **know the definitions and roles of the following and be able to apply them to examples from physical activity/sport:** • agonist • antagonist • fixator – antagonistic muscle action.			25

November					
Monday 3rd	**1.1.c.** **Movement analysis** Lever Systems and Planes of Movement	**know the three classes of lever and their use in physical activity and sport:** • 1st class – neck • 2nd class – ankle • 3rd class – elbow • know the definition of mechanical advantage **know the location of the planes of movement in the body and their application to physical activity and sport:** • frontal • transverse • sagittal **know the location of the axes of rotation in the body and their application to physical activity and sport:** • frontal • transverse • longitudinal.			24
Monday 10th **(Mock Week 1)**	**1.1.d.** **The Cardiovascular and Respiratory Systems** Structure and function of the Cardiovascular system	**know the double-circulatory system (systemic and pulmonary)** **know the different types of blood vessel:** • arteries • capillaries • veins • understand the pathway of blood through the heart: • atria • ventricles • bicuspid, tricuspid and semilunar valves • septum and major blood vessels: – aorta – pulmonary artery – vena cava – pulmonary vein **know the definitions of:** • heart rate • stroke volume • cardiac output **know the role of red blood cells.**			23
Monday 17th **(Mock week 2)**	**1.1.d.** **The Cardiovascular and Respiratory Systems** Structure and function of the Respiratory system Know what Aerobic and Anaerobic exercise is	**understand the pathway of air through the respiratory system:** • mouth • nose • trachea • bronchi • bronchiole • alveoli • know the role of respiratory muscles in breathing: • diaphragm • intercostals **know the definitions of:** • breathing rate • tidal volume • minute ventilation • understand about alveoli as the site of gas exchange. **know the definitions of:** • aerobic exercise • anaerobic exercise • be able to apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.			22

Monday 24th	**1.1.e Effects of exercise on the body systems** Short term effects of exercise	**understand the short-term effects of exercise on:** • muscle temperature • heart rate, stroke volume, cardiac output • redistribution of blood flow during exercise • respiratory rate, tidal volume, minute ventilation • oxygen to the working muscles • lactic acid production **be able to apply the effects to examples from physical activity/ sport**			21
December					
Monday 1st	**1.1.e Effects of exercise on the body systems** Long term effects of exercise	**understand the long-term effects of exercise on:** • bone density • hypertrophy of muscle • muscular strength • muscular endurance • resistance to fatigue • hypertrophy of the heart • resting heart rate and resting stroke volume • cardiac output • rate of recovery • aerobic capacity • respiratory muscles • tidal volume and minute volume during exercise • capilliarisation **be able to apply the effects to examples from physical activity/ sport**			20
Monday 8th	**1.2.a Components of fitness**	**Know the following components of fitness:** • cardiovascular endurance/stamina • know the definition of cardiovascular endurance/stamina • be able to apply practical examples where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – Cooper 12 minute run/walk test – multi-stage fitness test • muscular endurance • know the definition of muscular endurance • be able to apply practical examples where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – press-up test – sit-up test • speed • know the definition of speed • be able to apply practical examples where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – 30m sprint test			19

		• strength • know the definition of strength • be able to apply practical examples of where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – grip strength dynamometer test – 1 Repetition Maximum (RM) • power • know the definition of power • be able to apply practical examples of where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – 'standing jump' or 'vertical jump' tests			
Monday 15th	**1.2.a. Components of fitness**	• **flexibility** • know the definition of flexibility • be able to apply practical examples of where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – 'sit and reach' test • **agility** • know the definition of agility • be able to apply practical examples of where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – Illinois agility test • **balance** • know the definition of balance • be able to apply practical examples of where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – 'stork stand' test • **co-ordination** • know the definition of co-ordination • be able to apply practical examples of where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – 'wall throw' test • **reaction time** • know the definition of reaction time • be able to apply practical examples of where this component is particularly important in physical activity and sport • know suitable tests for this component, including: – reaction time ruler test			18

January					
Monday 5th	**1.2.b. Applying the principles of training** Principles of training and optimising training	**know the following definitions of principles of training and be able to apply them to personal exercise/training programmes:** • specificity • overload • progression • reversibility. **know the definition of the elements of FITT (Frequency, Intensity, Time, Type) and be able to apply these elements to personal exercise/training programmes** **know different types of training, definitions and examples of:** • continuous • fartlek • interval – circuit training – weight training – plyometrics – HIIT (High Intensity Interval Training).			17
Monday 12th	**1.2.b. Applying the principles of training** Principles of training and optimising training (Continued)	**understand the key components of a warm up and be able to apply examples:** • pulse raising • mobility • stretching • dynamic movements • skill rehearsal **know the physical benefits of a warm up, including effects on:** • warming up muscles/preparing the body for physical activity • body temperature • heart rate • flexibility of muscles and joints • pliability of ligaments and tendons • blood flow and oxygen to muscles • the speed of muscle contraction **understand the key components of a cool down and be able to apply examples**: • low intensity exercise • stretching • know the physical benefits of a cool down, including: • helps the body's transition back to a resting state • gradually lowers heart rate • gradually lowers temperature • circulates blood and oxygen • gradually reduces breathing rate • increases removal of waste products such as lactic acid • reduces the risk of muscle soreness and stiffness • aids recovery by stretching muscles.			16

Monday 19th	**1.2.c. Preventing injury in Physical activity and training** Prevention of injury	**understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples, including:** • personal protective equipment • correct clothing/footwear • appropriate level of competition • lifting and carrying equipment safely • use of warm up and cool down **know potential hazards in a range of physical activity and sport settings and be able to apply examples, including:** • sports hall • fitness centre • playing field • artificial outdoor areas • swimming pool.			15
Monday 26th (Mock Week 1)	**2.1.a. Engagement patterns of different social groups in physical activities and sports** Physical activity and sport in the UK	**be familiar with current trends in participation in physical activity and sport:** • using different sources (such as Sport England, National Governing Bodies (NGBs) and Department of Culture, Media and Sport (DCMS)) • of different social groups • in different physical activities and sports.			14
February					
Monday 2nd (Mock Week 2)	**2.1.a. Engagement patterns of different social groups in physical activities and sports** Participation in physical activity and sport	**understand how different factors can affect participation, including:** • age • gender • ethnicity • religion/culture • family • education • time/work commitments • cost/disposable income • disability • opportunity/access • discrimination • environment/climate • media coverage • role models **understand strategies which can be used to improve participation:** • promotion • provision • access **be able to apply examples from physical activity/sport to participation issues.**			13

Monday 9th	**2.1.b. Commercialisation of physical activity and sport** Commercialisation of sport	**understand the influence of the media on the commercialisation of physical activity and sport:** • different types of media – social – internet – TV/visual – newspapers/magazines. **know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle):** • positive and negative effects of the media on commercialisation • be able to apply practical examples to these issues. **understand the influence of sponsorship on the commercialisation of physical activity and sport:** • positive and negative effects of sponsorship on commercialisation • be able to apply practical examples to the issue of sponsorship.			12
Monday 16th	**2.1.c. Ethical and socio-cultural issues in physical activity and sport** Ethics, Drugs and Violence in sport	**<u>Ethics:</u> know and understand:** • the value of sportsmanship • the reasons for gamesmanship and deviance in sport. • be able to apply practical examples to these concepts. **<u>Drugs:</u> know and understand:** • the reasons why sports performers use drugs **know the types of drugs and their effect on performance:** • anabolic steroids • beta blockers • stimulants • give practical examples of the use of these drugs in sport. **know and understand the impact of drug use in sport:** • on performers • on sport itself. **<u>Violence:</u> know and understand the reasons for player violence** • give practical examples of violence in sport.			11

Monday 23rd	**2.3. Health, fitness and well-being** Health, fitness and well-being	• know what is meant by health, fitness and well-being • understand the different health benefits of physical activity and consequences of a sedentary lifestyle: • physical: – injury – coronary heart disease (CHD) – blood pressure – bone density – obesity – Type 2 diabetes – posture – fitness • emotional: – self-esteem/confidence – stress management – image • social: – friendship – belonging to a group – loneliness • be able to apply the above to different age groups			10
March					
	2.3. Health, fitness and well-being Diet and nutririon	• know the definition of a balanced diet • know the components of a balanced diet • carbohydrates • proteins • fats • minerals • vitamins • fibre • water and hydration derstand the effect of diet and hydration on energy use in physical activity • be able to apply practical examples from physical activity and sport to diet and hydration.			9
	2.2 Sports Psychology Characteristics of skilful movement	• know the definition of motor skills • understand and be able to apply examples of the characteristics of skilful movement: • efficiency • pre-determined • co-ordinated • fluent • aesthetic.			8

	2.2 **Sports Psychology** Characteristics of skilful movement	• know continua used in the classification of skills, including: • simple to complex skills (difficulty continuum) • open to closed skills (environmental continuum) • be able to apply practical examples of skills for each continuum along with justification of their placement on both continua.			7
	2.2 Sport Psychology Goal setting	understand and be able to apply examples of the use of goal setting: • for exercise/training adherence • to motivate performers • to improve and/or optimise performance understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed) • be able to apply the SMART principle to improve and/or optimise performance.			6
	2.2 Sport Psychology Mental Preparation	v mental preparation techniques and be able to apply practical examples to their use: • imagery • mental rehearsal • selective attention • positive thinking.			5
April					
Monday 6th	**2.2 Sport Psychology** Types of guidance	understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use: • visual • verbal • manual • mechanical.			4
Monday 13th	**2.2 Sport Psychology** Types of feedback	understand types of feedback and be able to apply practical examples to their use: • intrinsic • extrinsic • knowledge of performance • knowledge of results • positive • negative.			3

Monday 20th		IDENTIFY AND REVISE TOPICS OF WEAKNESS			2
Monday 27th		IDENTIFY AND REVISE TOPICS OF WEAKNESS			1
May					
Monday 4th		IDENTIFY AND REVISE TOPICS OF WEAKNESS			0
Monday 11th		IDENTIFY AND REVISE TOPICS OF WEAKNESS			0
Monday 18th		IDENTIFY AND REVISE TOPICS OF WEAKNESS			0
Monday 25th		IDENTIFY AND REVISE TOPICS OF WEAKNESS			0
June					
Monday 1st		IDENTIFY AND REVISE TOPICS OF WEAKNESS			0