



will

constitutes diet. In the cover two themes,

PHYSICAL EDUCATION: KS4

E, you'll learn about a wide variety of topics from why athletes take performance-enhancing drugs to

Exam Board	OCR
Link to Specification	OCR GCSE (9-1) Physical Education Specification J587 - Version 1.4 (February 2023)



a balanced GCSE you'll main with

further subtopics in each. These topics are: The human body and movement in physical activity and sport, applied anatomy and physiology, movement analysis, physical training, Socio-cultural influences and well-being in physical activity and sport, sports psychology, socio-cultural influences and health, fitness and wellbeing. It's worth noting that the PE GCSE does contain a healthy dose of science: you'll be drawing on your biology knowledge to explain bodily system such as the cardiovascular system and human anatomy. You'll be applying your knowledge of physics to explain how we move and the stress this can put on our body, and you'll even have to consider chemistry when thinking about why athletes take performance-enhancing drugs. To know how to pass your exams, you've got to understand what the examiner wants you to know and the best way of getting this information across. A good starting place is to look forward to the exam format, by knowing this you can make sure you're focusing your revision on the stuff that's relevant. **Practical (40%)** - all students will need to perform to a competitive level in three sports; this can either be two individual sports (like athletics or golf) and one team sport (like netball or football) or the other way round. **Theory (60%)** - this is split into two written exams, each worth 30% of the GCSE. In the exams, you'll have a mixture of multiple-choice, short-form and medium-form questions. The first paper covers the human body and movement in physical activity and sport, while the second covers socio-cultural influences and well-being in physical activity and sport.

Anatomy & Physiology Long Term Plan

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Location of Bones	Location of Muscles	Cardiovascular System	Short-Term Effects of Exercise	Principles of Training	Warm Ups
	Functions of the Skeleton	Role of Muscles and Movement	Respiratory System	Long-Term Effects of Exercise	Optimising Training	Cool Downs
	Synovial Joints	Levers	Aerobic System	Components Of Fitness	Analysis & Evaluation of Performance	Risk Assessment
	Types of movement	Planes and Axis of Rotation	Anaerobic System			Reducing Risk of Injury
Year 11	Characteristics of Skill	Goals Setting	Physical Activity	Drugs in Sport	Revision	Exam Leave
	Classification of Skill	Mental Preparation Techniques	Commercialism in Sport	Violence in Sport		
	Analysis & Evaluation of Performance	Types of Guidance	Participation Rates and Trends	Health Fitness & Well Being		
		Types of Feedback		Diet		

