

OCR GCSE PE

Theory - 60%

Practical - 30%

Coursework - 10%

Paper 1 - Physical factors affecting performance

1h exam

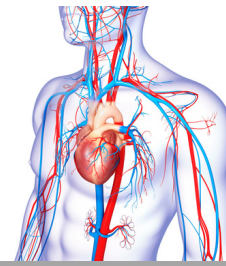
Skeletal System



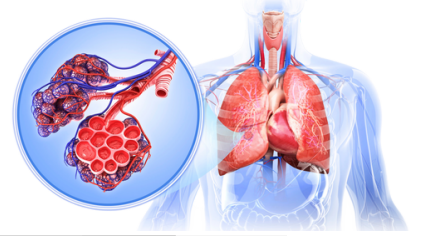
Muscular System



Cardiovascular System



Respiratory System



Components of Fitness



Planes & Axes



Lever Systems



The Effects of Exercise



Anaerobic v Aerobic Exercise



Fitness Tests



Principles of Training



Training Methods



Injuries in Sport



Paper 2 - Socio-cultural issues and sports psychology

1h exam

Ethics in Sport



Health, Fitness and Well Being



Consequences of a Sedentary Lifestyle



Diet & Nutrition



Mental Preparation



Guidance & Feedback



Goal Setting



Classification of Skill



Practical Performance Assessment

Engagement Patterns



Commercialisation



Socio Cultural Issues



Performance assessment in 3 activities: 1 team, 1 individual and another of choice. Assessed in skills and progressive drills and in competition/match play based on use of relevant skills and tactics and adherence to rules.

Performance Analysis Assessment

Analyse and evaluate performance in an activity to identify strengths and weaknesses, to produce an action plan in order to improve/optimize performance.

