

**Name:**

Target Grade: \_\_\_\_\_

Recent Grades:

Exam Dates

Paper 1: Wednesday 22nd May 2024– PM

Paper 2: Monday 3rd June 2024– PM

**Exam Board: OCR**



Additional Notes and Resources Available

- The Everlearner– <https://theeverlearner.com>
- CPG Exam Question Booklet
- Virtual School- 'Exam questions' by topic
- PE GCSE PE Knowledge organizer
- Instagram– ashbyschoolpe

Revision Sessions

TBC

Ever learner tasks will be set up weekly with live mark ( See handout)

**Exam Content**

**Paper 1:**

The structure and function of the skeletal system  
The structure and function of the muscular system  
Movement Analysis  
The cardiovascular and respiratory system  
Effects of exercise on the body systems in sport  
Components of Fitness  
Applying the principles of training  
Preventing injury in physical activity and training

**Paper 2**

Commercialisation of physical activity and sport  
Ethical and Socio-cultural issues in physical activity and sport  
Health, Fitness and well-being and Nutrition  
Sports psychology  
Engagement patterns of different social groups in physical activities

Notes:

## GCSE PHYSICAL EDUCATION (PE) Guide Revision Programme 2024

Week starting	Topic	Online resources
Feb 12th	Booklet 1 - The structure and function of the skeletal system (BLUE)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zxc34j6/revision">https://www.bbc.co.uk/education/guides/zxc34j6/revision</a>
Feb 19th	Booklet 2 - The structure and function of the muscular system (BLUE)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zct2hv4/revision">https://www.bbc.co.uk/education/guides/zct2hv4/revision</a>
Feb 26th	Booklet 3 - Movement Analysis (BLUE)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/z24b9qt/revision">https://www.bbc.co.uk/education/guides/z24b9qt/revision</a>
March 4th	Booklet 4 - The cardiovascular and respiratory system (BLUE)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zwvn39g/revision">https://www.bbc.co.uk/education/guides/zwvn39g/revision</a> Bitesize - <a href="https://www.bbc.co.uk/education/guides/zy7d2p3/revision">https://www.bbc.co.uk/education/guides/zy7d2p3/revision</a>
March 11th	Booklet 5 - Effects of exercise on the body systems (BLUE)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zcn6sg8/revision">https://www.bbc.co.uk/education/guides/zcn6sg8/revision</a>
March 18th	Booklet 6 - Commercialisation of physical activity and sport (YELLOW)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zsx7tyc/revision/1">https://www.bbc.co.uk/education/guides/zsx7tyc/revision/1</a>
March 25th	Booklet 7 - Ethical and Socio-cultural issues in physical activity and sport (YELLOW)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zq9r82p/revision">https://www.bbc.co.uk/education/guides/zq9r82p/revision</a>
April 1st	Booklet 8 - Health, Fitness and well-being and Nutrition (YELLOW)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zpmq6fr/revision">https://www.bbc.co.uk/education/guides/zpmq6fr/revision</a>
April 8th	Booklet 9 - Sports psychology (YELLOW)	Bitesize - <a href="https://www.bbc.co.uk/education/topics/z8k89qt">https://www.bbc.co.uk/education/topics/z8k89qt</a>
April 15th	Booklet 10 - Components of Fitness (BLUE)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/z8j87hv/revision">https://www.bbc.co.uk/education/guides/z8j87hv/revision</a>
April 29th	Booklet 11 - Applying the principles of training (BLUE)	Bitesize - <a href="https://www.bbc.co.uk/education/guides/z9ntfrd/revision">https://www.bbc.co.uk/education/guides/z9ntfrd/revision</a> Bitesize - <a href="https://www.bbc.co.uk/education/guides/zpfpv4j/revision">https://www.bbc.co.uk/education/guides/zpfpv4j/revision</a> Bitesize - <a href="https://www.bbc.co.uk/education/guides/ztkcdmn/revision">https://www.bbc.co.uk/education/guides/ztkcdmn/revision</a>
May 6th	Booklet 12 - Preventing injury in physical activity and	Bitesize - <a href="https://www.bbc.co.uk/education/guides/ztkcdmn/revision/1">https://www.bbc.co.uk/education/guides/ztkcdmn/revision/1</a>
May 13th	Booklet 13 - Engagement patterns of different social	Bitesize - <a href="https://www.bbc.co.uk/education/guides/zy62hv4/revision">https://www.bbc.co.uk/education/guides/zy62hv4/revision</a>