

GCSE PE

Exam Board: OCR

Exam Dates:

Paper 1 (BLUE) > Physical Factors Affecting Performance - **22nd May 2026 AM**

Paper 2 (YELLOW) > Socio-Cultural issues and Sports Psychology - **1st June 2026 AM**

Revision Resources Available

- The everlearner— <https://theeverlearner.com/>
- CGP Exam Question Booklet ISBN: 978-1789083217
- Virtual School— 'Exam questions' by topic
- PE GCSE knowledge organisers
- Student work booklets
- Intervention packs

Exam Papers and Content:

Booklet 1 - The structure and function of the skeletal system (BLUE)

Booklet 2 - The structure and function of the muscular system (BLUE)

Booklet 3 - Movement Analysis (BLUE)

Booklet 4 - The cardiovascular and respiratory system (BLUE)

Booklet 5 - Effects of exercise on the body systems (BLUE)

Booklet 6 - Commercialisation of physical activity and sport (YELLOW)

Booklet 7 - Ethical and Socio-cultural issues in physical activity and sport (YELLOW)

Booklet 8 - Health, Fitness and well-being and Nutrition (YELLOW)

Booklet 9 - Sports psychology (YELLOW)

Booklet 10 - Components of Fitness (BLUE)

Booklet 11 - Applying the principles of training (BLUE)

Booklet 12 - Preventing injury in physical activity and training (BLUE)

Booklet 13 - Engagement patterns of different social groups in physical activities sport (YELLOW)

Additional Notes:

