

OCR GCSE PE Revision

Paper 1:

The structure and function of the skeletal system
The structure and function of the muscular system
Movement Analysis
The Cardio & Respiratory systems
The Effects of exercise on the body systems
The components of Fitness
The principles of training
Preventing injury in Physical activity and training

Paper 2

Engagement patterns of different social groups in Physical activity and sport
Commercialisation of physical activity and sport
Ethical and socio-cultural issues in physical activity and sport
Sports psychology
Health, Fitness and Well-being

My revision notes OCR GCSE PE (9-1) (Hodder education)	Every student has been lent one of these books which summarises the syllabus and includes exam practice
Free quizzes and answers to compliment the 'My revision notes' revision guide	https://www.hoddereducation.co.uk/myrevisionnotesdownloads
OCR Exam board website, with access to past papers and mark schemes	https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/assessment/
Seneca Learning	https://senecalearning.com/ A free revision platform with tutorials and quizzes. All students have accounts linked to their class
YouTube: Planet PE	https://www.youtube.com/@PlanetPEgcsepe/videos