Kingsmead Physical Education
GCSE PE Learning Journey

OCR
Oxford Cambridge and RSA

Challenge • Achievement • Pride

Exceed your target grade

Complete the paper 1 and 2 exams

RAG and structure your revision

Understand the effects of diet and hydration on sports performance

Know the definition and components of a balanced diet

Define health, fitness and well being. Also know the benefits of exercise and consequences of sedentary lifestyles

Understand the different types of feedback and give sporting examples for each

Understand the advantages and disadvantages of the four types of guidance

Know the 4 mental preparation techniques and apply them to sports performers.

Understand and apply examples of goal setting in sport

Classify sporting skills of skill continua

Define a motor skill and understand and apply the characteristics of skillful movement

Know, understand and use sporting example of how violence happens in sport.

Know, understand and apply examples of when drugs are used in sport

Know, understand and give practical examples of ethics in sport

Understand how different factors affect and improve participation in Sport and physical activity

Understand the influence that the media, commercialization and sponsorship have on Sport

Understand trends for physical activity and Sport in the UK

Paper 2 Content

Complete your GCSE PE coursework

Complete and upgrade your paper 1 mock

Choose your third best sport which can be individual, or team based

Find your best individual sport

Find out your best team sport

Identify and explain the types of training and the importance and benefits of warm-up and cool downs.

Understand and apply the measures used to prevent injury from happening.

Know the definitions of SPOR

Be able to recall and apply the components of health-related fitness

Define the terms aerobic and anaerobic exercise as well has apply the when giving specific sporting examples.

Identify the structures and explain the functions of the Respiratory system

Be able to recall and apply the components of skill-related fitness

Understand and apply the long-term effects that happen after exercising for an extended period of time

Understand and apply the short-term effects that happen when exercising

Know the locations and sporting movements that happen in the planes of movement and axes of rotation

Know the roles that muscles have when creating movement

Know the name and locations of the major muscles in the body

Understand and apply the types of movement possible at hinge and ball & socket joints

Know the role of connective tissue in the body

Apply the 3 classes of lever to specific sporting examples

Identify the structures and explain the functions of the cardiovascular system

Learn the name and locations of major bones in the body

Complete a baseline assessment

Develop a passion for sport

Paper 1 Content

Know the definitions of synovial, ball & socket and hinge joints.

Understand and apply the 6 functions of the skeleton

Complete the before section of your paper 1 PLC

Regularly attend after school sports clubs

Be recognized as an athlete with excellent academic potential

'Hitting hard doesn't make you a winner, being able to get hit hard whilst keeping a forward direction makes you a winner.' VINCE LOMBARDI