



## **Y11 Summer Exam Checklist**

**Subject: OCR GCSE PE**

**Duration: 2x 60-minute exams (Paper 1 and Paper 2)**

What to Revise	
Paper 1	<p>Components of Fitness</p> <ul style="list-style-type: none"><li>• Definitions</li><li>• Application to practical examples</li><li>• Fitness tests</li></ul> <p>Principles of Training</p> <ul style="list-style-type: none"><li>• Definitions (SPOR and FITT)</li><li>• Application to training programmes</li></ul> <p>Training Methods</p> <ul style="list-style-type: none"><li>• Definitions (CHIP WFC)</li><li>• Examples</li></ul> <p>Minimising Risk</p> <ul style="list-style-type: none"><li>• Strategies to minimise risk of injury (PE Can Cause Wounds)</li><li>• Examples</li></ul> <p>Risks and Hazards</p> <ul style="list-style-type: none"><li>• Identify hazards in sports settings</li></ul> <p>Warm up and Cool down</p> <ul style="list-style-type: none"><li>• Key components</li><li>• Physical benefits</li></ul> <p>Skeletal System and Joints</p> <ul style="list-style-type: none"><li>• Location of major bones</li><li>• Functions of the skeleton</li><li>• Definition of synovial joints</li><li>• Different types of synovial joints</li><li>• Types of movement</li><li>• Components of a joint</li></ul> <p>Muscular System</p> <ul style="list-style-type: none"><li>• Location of major muscles</li><li>• Antagonistic muscle pairs</li></ul> <p>Levers</p> <ul style="list-style-type: none"><li>• 3 lever systems with examples</li></ul>

	<ul style="list-style-type: none"> <li>• Definition of mechanical advantage</li> </ul> <p>Planes and Axes</p> <ul style="list-style-type: none"> <li>• Location of planes and sporting examples</li> <li>• Location of axes and sporting examples</li> </ul> <p>Cardiovascular System</p> <ul style="list-style-type: none"> <li>• Double-circulatory system</li> <li>• Structure and function of blood vessels</li> <li>• Key structures of the heart</li> <li>• Pathway of blood</li> <li>• Definitions of cardiac values</li> <li>• Role of red blood cells</li> </ul> <p>Respiratory System</p> <ul style="list-style-type: none"> <li>• Pathway of air</li> <li>• Mechanics of breathing</li> <li>• Definitions of respiratory volumes</li> <li>• Gaseous exchange</li> </ul> <p>Types of Exercise</p> <ul style="list-style-type: none"> <li>• Aerobic</li> <li>• Anaerobic</li> </ul> <p>Short Term Effects of Exercise</p> <ul style="list-style-type: none"> <li>• Muscular system</li> <li>• Cardiovascular system</li> <li>• Respiratory system</li> </ul> <p>Long Term Effects of Exercise</p> <ul style="list-style-type: none"> <li>• Muscular system</li> <li>• Cardiovascular system</li> <li>• Respiratory system</li> <li>• Skeletal system</li> </ul>
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## Paper 2

### Goal Setting

- Reasons why people use goal setting
- SMART principle
- Examples

### Sports Participation

- Factors affecting participation rates

### Trends

- Current trends in different social groups
- Current trends in different activities

### Agencies and Initiatives

- Strategies to increase participation
- Promotion, provision and access

### Commercialisation

- Types of media
- Influence of media on sport
- Definition of commercialisation
- The golden triangle
- Positive and negative effect of media and commercialisation

### Mental Preparation

- Definitions of mental preparation techniques
- Examples

### Guidance

- Definitions of the 4 types
- Advantages and disadvantages of each
- Examples

### Feedback

- Definitions of the 6 types
- Examples

### Skilled Performance

- Definitions of motor skills
- Characteristics and examples

### Skill Classification

- Environmental continuum
- Difficulty continuum
- Examples and justifications

### Ethics

- Sportsmanship

	<ul style="list-style-type: none"> <li>• Gamesmanship</li> <li>• Deviance</li> </ul> <p>Drugs</p> <ul style="list-style-type: none"> <li>• Anabolic steroids</li> <li>• Betablockers</li> <li>• Stimulants</li> <li>• Impacts of drug on performers and sport</li> </ul> <p>Violence</p> <ul style="list-style-type: none"> <li>• Reasons</li> </ul> <p>Health, Fitness and Wellbeing</p> <ul style="list-style-type: none"> <li>• Physical health</li> <li>• Social health</li> <li>• Emotional health</li> <li>• Sedentary lifestyles</li> <li>• Obesity</li> </ul> <p>Diet and Nutrition</p> <ul style="list-style-type: none"> <li>• Balanced diet</li> <li>• Hydration</li> </ul>
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How to Revise
<ul style="list-style-type: none"> <li>• Booklets – from class work</li> <li>• The Everlearner – videos and quizzes</li> <li>• GCSE Pod – videos and quizzes</li> <li>• Knowledge organisers – in self-quizzing book</li> <li>• BBC bitesize – <a href="https://tinyurl.com/mvt93sfu">https://tinyurl.com/mvt93sfu</a></li> <li>• Quizlet cards – Paper 1 (<a href="https://tinyurl.com/2mmbujxf">https://tinyurl.com/2mmbujxf</a>) and Paper 2 (<a href="https://tinyurl.com/42cs9bs8">https://tinyurl.com/42cs9bs8</a>)</li> <li>• Past exam papers (J587) – <a href="https://tinyurl.com/4tdh6r8d">https://tinyurl.com/4tdh6r8d</a></li> </ul>