



OCR GCSE PE Paper 1 Checklist

Specification: <https://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf>

Subject: GCSE PE		Paper 1	Duration: 60 minutes
What to revise		How to revise it: Use the Ever Learner for lesson content, quizzes and more. Use BBC bitesize https://www.bbc.co.uk/bitesize/examspecs/ztrcg82 Read the information and watch the videos Make notes/flashcards or mind maps Complete the quizzes.	
1.	Components of fitness <i>Cardiovascular endurance/stamina, muscular endurance, speed, strength, power, flexibility, agility, balance, co-ordination, reaction time</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU	
2.	Principles of training <i>Specificity, Progression, Overload, Reversibility</i> <i>FITT Principle: Frequency, Intensity, Time, Type</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU	
3.	Methods of training <i>Continuous, fartlek, interval (circuit training, weight training, plyometrics, HIIT)</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU	
4.	Prevention of injury <i>Risk of injury, protective equipment, correct clothing/footwear, appropriate level of competition, lifting and carrying equipment safely, use of warm up and cool down.</i> <i>Potential hazards in a sports hall, fitness centre, playing field, artificial outdoor areas, swimming pool</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU	
5.	Warm-ups and cool downs <i>Key components of a warm up: pulse raising, mobility, stretching, dynamic movements, skill rehearsal. Key benefits to a warm up.</i> <i>Key components of a cool down: low intensity exercise and stretching. Key benefits to a cool down.</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU	
6.	Skeletal system <i>Bones/locations, functions of the skeleton, types of synovial joint, types</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests.	



	<i>of movement at the joints, components of a joint.</i>	OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU
7.	Muscular system <i>Muscles/locations, role of muscles in movement, Antagonistic pairs.</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU
8.	Respiratory system <i>Pathway of air through the respiratory system: nose, mouth, trachea, bronchi, bronchiole, alveoli. Diaphragm and intercostal muscles, breathing rate, tidal volume and minute ventilation. Gaseous exchange and alveoli.</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU
9.	Cardiovascular system <i>Double circulatory system (systemic and pulmonary), types and structure of blood vessel (arteries, capillaries and veins). Pathway of blood through the heart: atria, ventricles, bicuspid valve, tricuspid valve, semilunar valve, septum, aorta, pulmonary artery, vena cava, pulmonary vein. Heart rate, stroke volume, cardiac output and role of red blood cells.</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU
10.	Aerobic/Anaerobic exercise <i>Definition of aerobic and anaerobic exercise along with practical examples related to duration (how long) and intensity (how hard)</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU
11.	Effects of exercise on the body <i>Short-term (training effects of exercise: Muscle temperature, heart rate, stroke volume, cardiac output, redistribution of blood flow during exercise (vasodilate and vasoconstrict), respiratory rate, tidal volume, minute ventilation, oxygen to the working muscles and lactic acid production.</i> <i>Long-term (training effects of exercise: Bone density, hypertrophy of muscle, muscular strength, muscular endurance, resistance to fatigue, hypertrophy of heart, resting heart rate, resting stroke volume, cardiac output, rate of recovery, aerobic capacity, respiratory muscles, tidal volume and minute volume during exercise, capillarisation.</i>	Booklet in Folder Revision Guide The Ever Learner for lesson videos, practice questions and timed tests. OCR GCSE PE – Spotlight session 2026 https://www.youtube.com/watch?v=nEG6vgaPEOU