

OCR GCSE PE Paper 2 Checklist

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

Subject: GCSE PE		Paper 2	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.	Goal setting <i>Use of goal setting:</i> for exercise/training, motivation, to improve performance. <i>SMART:</i> Specific, Measurable, Achievable, Recorded, Timed.	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=f0_S7T5OQ2c	
2.	Factors affecting participation <i>Factors affecting participation:</i> Age, gender, ethnicity, religion/culture, family, education, time/work commitments, cost, disability, opportunity/access, discrimination, environment/climate, media coverage, role models. <i>Strategies to improve participation:</i> promotion, provision and access.	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=f0_S7T5OQ2c	
3.	Physical activity and sport in the UK (trends/strategies) <i>Current trends in participation, Sport England, NGB's, DCMS</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=f0_S7T5OQ2c	
4.	Commercialisation <i>Types of media:</i> Social, internet, TV/visual, newspapers/magazines. Sponsorship and the media (the golden triangle).	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=f0_S7T5OQ2c	
5.	Health, Fitness and Wellbeing <i>Physical effects:</i> injury, coronary heart disease (CHD), blood pressure, bone density, obesity, Type 2 diabetes, posture and fitness. <i>Emotional effects:</i> self-esteem/confidence, stress management, image	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=f0_S7T5OQ2c	



	<i>Social effects:</i> friendship, belonging to a group, loneliness.	
6.	Diet and nutrition <i>Balanced diet:</i> carbohydrates, proteins, fats, minerals, vitamins, fibre, water and hydration	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=f0_S7T5OQ2c
7.	Classification of skill <i>Difficulty continuum:</i> simple to complex skills. <i>Environmental continuum:</i> open to closed skills. Be able to justify why you put a skill on each continuum.	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=f0_S7T5OQ2c
8.	Characteristics of skilled movement Motor skills definition, efficiency, pre-determined, co-ordinated, fluent, aesthetic (APE FC).	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=f0_S7T5OQ2c
9.	Mental preparation <i>Mental preparation techniques:</i> imagery, mental rehearsal, selective attention, positive thinking.	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=f0_S7T5OQ2c
10.	Guidance and feedback Visual, verbal, manual, mechanical. Intrinsic, extrinsic, knowledge of performance, knowledge of results, positive feedback and negative feedback.	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=f0_S7T5OQ2c
11.	Ethics in sport; sportsmanship/gamesmanship/violence	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=f0_S7T5OQ2c