



GCSE Physical Education - OCR

Careers in Sport

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

COMPONENTS	DETAIL	ASSESSMENT
Paper 1 Section 1 – Applied Anatomy and Physiology Section 2 – Physical Training	<ul style="list-style-type: none"> • Structure and function of the Skeletal System • Structure and function of the muscular system • Movement analysis • The cardio – vascular system • The respiratory system • The effects of exercise on the body system <ul style="list-style-type: none"> • Components of fitness • Applying the principles of training • Preventing injury in physical activity and training 	1 hour exam – 60 marks
Coursework - AEP	<ul style="list-style-type: none"> • Evaluate • Analyse • Overview • Assessment • Movement Analysis • Action plan 	20 marks 10%

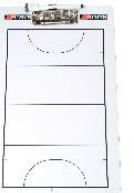


END OF YEAR
10

Preventing Injury
PPE
Risk Assessment



Beginning Coursework – AEP
Introduction.
Overview
Evaluation



Physical Training

Fitness tests

Methods of Training

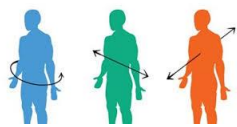
Principles of training

Warm – up / cool down

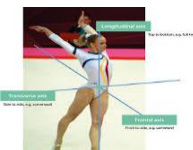
Components of fitness



Planes of movement



Axes of movement



Movement Analysis

Anaerobic and aerobic exercise



Effects of exercise
Long and short term effects



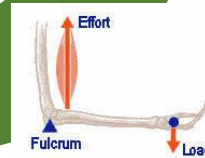
Cardio-respiratory system

Structure / Function / Location / Classification
Mechanisms / Composition / Characteristics



Lever System

1st, 2nd 3rd – Mechanical advantage



Anatomy and Physiology

Musculo-skeletal system

Structure / Function / Location / Types / Fibres / Classification / Movement / Tissue / Characteristics



SKILLS MARKED
OUT OF 20

TEAM SPORTS

- Football
- Badminton
- Basketball
- Hurling
- Cricket
- Dance
- Gaelic Football
- Handball
- Hockey
- Lacrosse
- Netball
- Rowing
- Rugby
- Squash
- TT
- Tennis
- Volleyball
- Blind Cricket
- Powerchair Football
- Table Cricket
- Wheelchair basketball
- Wheelchair Rugby

INDIVIDUAL SPORTS

- Boxing
- Athletics
- Canoeing
- Cycling
- Diving
- Gold
- Gymnastics
- Equestrian
- Kayaking
- Rock climbing
- Sculling
- Skiing
- Snowboarding
- Trampoline
- Boccia
- Polybat

START OF YEAR
10

Paper 1

PRACTICAL PERFORMANCE
3 Practical activities comprising
on 1 team sport, 1 individual
activity and 1 of either option.



GCSE Physical Education -OCR

Careers in Sport

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

COMPONENTS	DETAIL	ASSESSMENT
Paper 2 – Socio – cultural Influences	<ul style="list-style-type: none"> • Engagement patterns of different groups and activities • Commercialisation of PA and sport • Ethical and socio – cultural issues in PA and Sport 	1 hour – 60 Marks – 30 %
Sports Psychology	<ul style="list-style-type: none"> • Characteristics of a skilful movement and classification of skills • Goal setting • Mental Preparation • Types of Guidance and Feedback 	
Health, Fitness and well being	<ul style="list-style-type: none"> • Health, Fitness and well being • Diet and Nutrition 	



Exams
Paper 1 / Paper 2

Revision



Diet and nutrition
Balanced diet

Coursework
moderation Practical
moderations

ASSESSMENTS

Socio-Cultural Influences

TEAM SPORTS

- Football
- Badminton
- Basketball
- Hurling
- Cricket
- Dance
- Gaelic Football
- Handball
- Hockey
- Lacrosse
- Netball
- Rowing
- Rugby
- Squash
- TT
- Tennis
- Volleyball
- Blind Cricket
- Goal ball
- Powerchair Football
- Table Cricket
- Wheelchair basketball
- Wheelchair Rugby



INDIVIDUAL SPORTS

- Boxing
- Athletics
- Canoeing
- Cycling
- Diving
- Gold
- Gymnastics
- Equestrian
- Kayaking
- Rock climbing
- Sculling
- Skiing
- Snowboarding
- Trampolining
- Boccia
- Polybat
- Ice skating
- Sailing

Fitness

Specific diets for athletes

Wellbeing- social/
emotional



COMPETITIVE
SITUATION
MARKED OUT OF
25

Sports Psychology

Practical Sport

Feedback

Mental preparation

SMART
targets



Guidance

Goal Setting
SMART

Classification
of skills

Engagement patters/
trends

Ethics
sportsmanship,
gamesmanship

Characteristics of a skilful
movement

Socio – cultural wellbeing

SKILLS MARKED
OUT OF 20

Media coverage

Commercialisation



Paper 2 -

Retrieval
paper 1 –
throughout
Year

Analysis and evaluation of performance

START
OF YEAR
11

Completion of AEP

PRACTICAL PERFORMANCE
3 Practical activities comprising
on 1 team sport, 1 individual
activity and 1 of either option.

