

Physical Education

60% Exam 40% Practical

Exam Board = OCR

HOF = Mr Butler

Paper 1 Topics to Revise

Anatomy and Physiology

- Location of major bones
- Function of the skeleton
- Types of synovial joint
- Movement and components of joints
- Location of major muscle groups
- The role of muscles in movement

Movement analysis

- Lever systems
- Planes of movement and axes of rotation

Cardiovascular and respiratory systems

- Structure and function of the cardiovascular system
- Structure and function of the respiratory system
- Aerobic and anaerobic exercise

Effects of exercise on the body systems

- Short term effects of exercise
- Long term effects of exercise

Physical training

- Components of fitness (practical examples and fitness tests)
- Principles of training
- Methods of training
- Warm up/cool down

Preventing injury

- How to reduce the risk of injury
- Identifying hazards

Paper 2 Topics to Revise

Engagement Patterns

- Participation trends
- Factors affecting participation
- Strategies to improve participation

Commercialisation

- Influence of the media on sport
- Types of media
- The golden triangle
- Sponsorship

Ethics in sport

- Sportsmanship, gamesmanship and deviance
- Performance enhancing drugs
- Violence in sport

Sports Psychology

- Characteristics of a skilful movement
- Classification of skills
- Goal setting
- Mental preparation
- Types of guidance
- Types of feedback

Health, fitness and well-being

- Physical, emotional and social benefits
- Diet and nutrition

Revision Links Guides

[Anatomy and Physiology Guide 1](#)
[Anatomy and Physiology Guide 2](#)
[Anatomy and Physiology Guide 3](#)
[Anatomy and Physiology Guide 4](#)
[Anatomy and Physiology Guide 5](#)
[Physical Training Guide](#)

Revision Links Booklets

[Paper 01 Booklet](#)
[Paper 02 Booklet](#)

Revision Links PowerPoints

[Year 10 revision PowerPoint](#)
[Year 11 revision PowerPoint](#)
[Exam technique PowerPoint](#)

Links to Sample Exam Papers

[Past exam papers](#)

Examiner Advice

Try and apply all answers to practical sporting examples.

Ensure questions that require extended answers are written up in detail.

