



Guiseley School Revision Support

Subject: Physical Education (GCSE)

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



Paper 1

Topic	Exercise book/notes	😊	😐	😞
<u>Chapter 1.1 – Applied anatomy and physiology</u>				
1.1.a. The structure and function of the skeletal system <ul style="list-style-type: none"> • Location of major bones • Functions of the skeleton • Types of synovial joint • Types of movement at hinge joints and ball and socket joints • Other components of joints 				
1.1.b. The structure and function of the muscular system <ul style="list-style-type: none"> • Location of major muscle groups • The roles of muscle in movement 				
1.1.c. Movement analysis <ul style="list-style-type: none"> • Lever systems • Planes of movement and axes of rotation 				
1.1.d. The cardiovascular and respiratory systems <ul style="list-style-type: none"> • Structure and function of the cardiovascular system • Structure and function of the respiratory system • Aerobic and anaerobic exercise 				
1.1.e. Effects of exercise on body systems <ul style="list-style-type: none"> • Short-term effects of exercise • Long-term (training) effects of exercise 				
<u>Chapter 1.2 - Physical training</u>				
1.2.a. Components of fitness <ul style="list-style-type: none"> • Components of fitness 				
1.2.b. Applying the principles of training <ul style="list-style-type: none"> • Principles of training • Optimising training 				
1.2.c. Preventing injury in physical activity and training <ul style="list-style-type: none"> • Prevention of injury 				



Paper 2

Topic	Exercise book/notes	😊	😐	😞
<u>Chapter 2.1 Socio-cultural influences</u>				
2.1.a. Engagement patterns of different social groups in physical activities and sports <ul style="list-style-type: none">Physical activity and sport in the UKParticipation in physical activity and sport				
2.1.b. Commercialisation of physical activity and sport <ul style="list-style-type: none">Commercialisation of sport				
2.1.c. Ethical and socio-cultural issues in physical activity and sport <ul style="list-style-type: none">Ethics in sportDrugs in sportViolence in sport				
2.2 Sports psychology <ul style="list-style-type: none">Characteristics of skilful movementClassification of skillsGoal settingMental preparationTypes of guidanceTypes of feedback				
2.3 Health, fitness and well-being <ul style="list-style-type: none">Health, fitness and well-beingDiet and nutrition				

Resources to support revision:

Everlearner: <https://theeverlearner.com/>