

GCSE OCR Summary| Physical Education

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Course Qualification Awarding Body & Website Link | [OCR GCSE PE Web Link](#)

TIMELINE

MOCK EXAM DATES	FINAL COURSEWORK & EXAM DATES
Mock Exam Date Paper 1: 16th Oct 2023 Mock Exam Date Paper 2: TBC Feb 2024 Mock Practical Moderation: TBC March 2024	Coursework AEP: 2nd Feb 2024 Practical Moderation: TBC April 2024 Paper 1 Physiological Factors : Wed 22nd May 2024 Paper 2 Socio-cult & Psych : Mon 3rd June 2024

OVERVIEW

This two year course will give students the opportunity to look into the world of sports performance from a theoretical and practical perspective. They will develop their theoretical knowledge of the human body systems, the science of training and sports psychology, as well as being assessed practically in three different sports. Students must have a love for sport, must be actively participating in competitive sport inside and outside of school, whilst recording a student personal activity log (examples in this booklet).

Component	Marks	Exam Duration	Weighting
Physical factors affecting performance (01) Exam	60	1 hour	30%
Socio-cultural issues and sports psychology (02) Exam	60	1 hour	30%
Practical performances (04) Non-exam assessment * STUDENT MUST COMPLETE LOG BOOK TO EVIDENCE THEIR TRAINING & COMPETITION * SOME STUDENTS TO VIDEO RECORD	60 (20 marks each sport)	2 indiv & 1 team OR 2 team & 1 indiv	30%
Analysis and evaluation of performance (AEP) (05) Non-exam assessment * WRITTEN COURSEWORK WITH	20	Approx 14 hours (in school time)	10%

REVISION SESSIONS

Wednesday PM (3.10-4pm) D06 [LJB]

Covering all topics in paper 1 and 2. Targeted coursework help in January/February.

Thursday AM (7.45-8.30am) G13 [LJB]

Covering all topics in paper 1 and 2.

REVISION TIPS

Past papers | Testing with past papers is one of the best ways to revise. Link here for [past paper finder](#), look at mark schemes and examiners' reports to help deepen understanding. Copies uploaded to *Google Classroom page* and hard copies issued to individuals.

Make a revision plan | Keep sessions in revision plan to a maximum of 30 minutes each and vary the topics - don't keep repeating the ones you already know. Limit yourself to three hours max of revision a day.

Know yourself | Put together revision activities that work for you | flash cards, mind maps, revision apps, or watching videos.

Look after yourself | Eat well, get enough sleep, take regular breaks and get some exercise whenever you can. Breathing exercises and meditation can help you to stay calm and focus.

Revision zone | A quiet, uncluttered area is the ideal place to revise, but mix it up by trying different places, such as a library, kitchen table or the park.

Get help | Get parents or other family members to test you on what you have learnt. Contact subject teachers.

Revision | Endorsed Textbooks

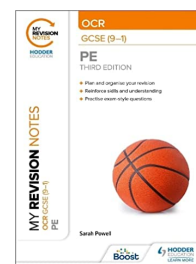
[My Revision Notes: OCR GCSE \(9-1\) PE Third Edition](#)

Author: Sarah Powell

ISBN: 978-1398373532

Publisher: Hodder Education

Date: Jan 2023



[OCR GCSE \(9-1\) PE Second Edition](#)

Author: John Honeybourne

ISBN: 9781398327009

Publisher: Hodder Education

Date: June 2021



Revision | Websites

Seneca

<https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac>

The Everlearner Website

<https://theeverlearner.com/>

BBC Bitesize

<https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

Revision | Reliable YouTubers

PE Classroom

https://www.youtube.com/@thepeclassroom5215/videos?view=0&sort=dd&shelf_id=0

Written Coursework Help 'AEP'| [Example Link](#)

Section by section what needs to be included

Introduce yourself (age, gender, position), your sport and the level you compete at

Evaluation of fitness components (table of results for all 10 tests, define all 10 components and evaluate your strengths & weaknesses)

Analysis the importance of all 10 fitness components to perform in different positions/skill for your sport

Overview of core and advanced skills from the specification (link is on GC)

Assessment of your performance regarding the core and advanced skills

Movement analysis of you performing a selected core skill

Classify the selected core skill on the open-closed continuum and the simple-complex continuum

Action plan of an intended goal - either a fitness training programme or coaching session

Student Profiles |

What do you need to achieve your target grade?

Use the table below as an indicator only, knowing that grade boundaries change year on year.

Profile	STUDENT W	STUDENT X	STUDENT Y	STUDENT Z
Descriptors	This person is achieving 17 and above in all three sports and their AEP. (County level + club in all 3)	This person is achieving 13/14 and above in all three sports and AEP. (Club level in 2 sports)	This person is achieving 11 and above in all three sports and AEP. (Club in one sport)	This person is achieving 8 and above in three sports and AEP. (Limited club sports)
Likely practical and coursework grade achieved.	68/80 and above.	54/80 and above.	43/80 and above.	32/80 and above.
Theory grade required. (x/120) across 2 papers.	9= 92 8= 82 7= 73 6= 60 5= 47	9= 106 8= 96 7= 87 6= 74 5= 61 4= 49	8= 107 7= 98 6= 85 5= 72 4= 60 3= 33	7= 109 6= 96 5= 83 4= 71 3= 44 2= 18

*Important to remember that students will be stronger in 1 or 2 of their sports and as such the scores above in descriptors represent an average of all 3 combined together as well as an AEP grade.

List of Practical Sports | [Website Link](#)

select 2 team & 1 individual OR 2 individual & 1 team

TEAM SPORTS	INDIVIDUAL SPORTS
Acrobatic gymnastics	Amateur boxing
Association football	Athletics (2 track or 2 field or 1 T &)
Badminton (not with singles)	Badminton (not with doubles)
Basketball	Boccia.
Blind cricket	Canoeing
Camogie	Cross country running (not with athletics)
Cricket	Cycling
Dance (cannot be used for team & individual)	Dance
Figure skating	Diving
Futsal	Equestrian
Gaelic football	Figure skating (not with team)
Goalball	Golf
Handball	Gymnastics (floor and apparatus only)
Hockey	Kayaking
Hurling	Polybat
Ice hockey	Rock climbing
Inline roller hockey	Sailing
Lacrosse	Sculling
Netball	Skiing
Powerchair football	Snowboarding
Rowing	Squash
Rugby league	Swimming
Rugby union	Table tennis (not with doubles)
Sailing (RS Feva XL or Cadet)	Tennis (not with doubles)
Sculling (not with rowing, canoeing or kayaking)	Trampolining
Squash	Windsurfing (BIC TEchno 2930D or iQ foil)
Table cricket	
Table tennis (not with singles)	
Tennis (not with singles)	
Volleyball	
Waterpolo	
Wheelchair basketball	
Wheelchair rugby	

2f. 'Off-site' activities for which all learners being assessed must be filmed

Team activities

Acrobatic gymnastics
Blind cricket
Figure skating
Goal ball
Ice hockey
Inline roller hockey
Powerchair football
Rowing
Sailing
Sculling
Table cricket
Water polo
Wheelchair basketball
Wheelchair rugby

Individual activities

Amateur boxing
Boccia
Canoeing
Cross country running
Cycling
Diving
Equestrian
Figure skating
Golf
Kayaking
Polybat
Rock climbing
Sailing
Sculling
Skiing
Snowboarding
Swimming
Windsurfing

Ofqual's *Subject Level Conditions and Requirements for Physical Education* require that any sport or activity which is not capable of live moderation is supported by an audio-visual recording of the evidence generated by each learner in that assessment. Activities deemed by OCR to present this challenge are referred to as being 'off-site'.

Although some centres may have suitable on-site facilities for some of the activities listed, many will not. In some cases, the availability of other suitable participants for moderation activities may also be unlikely, for example in amateur boxing or blind cricket.

Where centres do have facilities, which enable on-site assessment of activities listed, they are still required to produce filmed evidence for all learners being assessed in them as moderation is conducted in groups of centres, and they may not be the 'host' for the moderation visit.



Practical Sport Assessment Grid | how will I be assessed in my selected sports?

Level	Range of skills	Quality of skills	Physical attributes	Decision making	Level
5 (18–20 marks)	<ul style="list-style-type: none"> demonstrates all core skills and nearly all advanced skills for the activity in isolation and under competitive pressure in authentic performance situations 	<ul style="list-style-type: none"> core skills are performed consistently with an excellent standard of accuracy, control and fluency. the advanced skills demonstrated are performed consistently with an excellent standard of accuracy, control and fluency. 	<ul style="list-style-type: none"> demonstrates appropriate levels of physical fitness and psychological control to perform very effectively nearly all of the time 	<ul style="list-style-type: none"> successfully selects and uses appropriate skills on nearly all occasions applies appropriate team strategies/tactics/compositional ideas demonstrating an excellent understanding of the activity demonstrates excellent awareness of the rules/regulations of the activity during performance. demonstrates excellent regard for the safety of themselves and others demonstrates excellent awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only) communication with other player(s)/performer(s) is excellent (team activities only) 	5 (18–20 marks)
4 (13–17 marks)	<ul style="list-style-type: none"> demonstrates all core skills and many advanced skills for the activity in isolation and under competitive pressure in authentic performance situations 	<ul style="list-style-type: none"> core skills are performed consistently with a very good standard of accuracy, control and fluency the advanced skills demonstrated are performed with some consistency and a very good standard of accuracy, control and fluency 	<ul style="list-style-type: none"> demonstrates appropriate levels of physical fitness and psychological control to perform very effectively some of the time 	<ul style="list-style-type: none"> successfully selects and uses appropriate skills on many occasions applies appropriate team strategies/tactics/compositional ideas demonstrating a very good understanding of the activity demonstrates very good awareness of the rules/regulations of the activity during performance demonstrates very good regard for the safety of themselves and others demonstrates very good awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only) communication with other player(s)/performer(s) is very good (team activities only) 	4 (13–17 marks)
3 (8–12 marks)	<ul style="list-style-type: none"> demonstrates most core skills and some advanced skills for the activity in isolation and under competitive pressure in authentic performance situations 	<ul style="list-style-type: none"> core skills are performed consistently with a good standard of accuracy, control and fluency the advanced skills demonstrated are performed with some consistency and a good standard of accuracy, control and fluency 	<ul style="list-style-type: none"> demonstrates appropriate levels of physical fitness and psychological control to perform effectively 	<ul style="list-style-type: none"> successfully selects and uses appropriate skills on some occasions applies appropriate team strategies/tactics/compositional ideas demonstrating a good understanding of the activity demonstrates good awareness of the rules/regulations of the activity during performance demonstrates good regard for the safety of themselves and others demonstrates good awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only) communication with other player(s)/performer(s) is good (team activities only) 	3 (8–12 marks)
2 (4–7 marks)	<ul style="list-style-type: none"> demonstrates many core skills and few advanced skills for the activity in isolation and under competitive pressure in authentic performance situations 	<ul style="list-style-type: none"> core skills are performed with limited consistency and some accuracy, control and fluency the advanced skills demonstrated are performed with limited consistency and often lack accuracy, control and fluency 	<ul style="list-style-type: none"> demonstrates sufficient physical fitness and psychological control to perform with some effectiveness 	<ul style="list-style-type: none"> selects and uses appropriate skills on some occasions. sometimes applies team strategies/tactics/compositional ideas demonstrating some understanding of the activity demonstrates limited awareness of the rules/regulations of the activity during performance demonstrates limited regard for the safety of themselves and others demonstrates limited awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only) communication with other player(s)/performer(s) is limited (team activities only) 	2 (4–7 marks)
1 (1–3 marks)	<ul style="list-style-type: none"> demonstrates some core skills for the activity in isolation and under competitive pressure in authentic performance situations few, if any of the advanced skills for the activity are attempted 	<ul style="list-style-type: none"> core skills are performed inconsistently and with limited accuracy, control and fluency any advanced skills attempted are performed with little success 	<ul style="list-style-type: none"> demonstrates limited physical fitness and psychological control during performance 	<ul style="list-style-type: none"> selects and uses appropriate skills on few occasions. rarely applies team strategies/tactics/compositional ideas demonstrating little understanding of the activity demonstrates little awareness of the rules/regulations of the activity during performance demonstrates little regard for the safety of themselves and others demonstrates little awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s) (team activities only) rarely communicates with other player(s)/performer(s) (team activities only) 	1 (1–3 marks)
0	No evidence worthy of credit	No evidence worthy of credit	No evidence worthy of credit	No evidence worthy of credit	0

Logbook Practical Sport Evidence | Template

Complete one log book for each of your 3 sports

[illegible]

Appendices

Logbook Practical Sport |

Example

Candidate name	Joe Bloggs		Candidate number	
Activity 1	Dance			
Date of participation	Level of competition Role/position/ event		Impact on performance	Witness
22/03/23	Training		Classical technique	
21/03/23	Training		Classical technique	
16/02/23	Regional qualifier	Contemporary duet/ under 21s	1st in duet category and 1st in overall competition	
14/02/23	Regional qualifier	Lyrical duet/ under 21s	2nd in duet category	
4/06/22	Regionals Portsmouth	Contemporary group/ under 21s	Given an honours award	
2/06/22	Regionals portsmouth	Character group/ under 21s	Qualified to nationals and awarded an honours award	
1/06/22	Regionals portsmouth	Modern group/ 15 years and under	Qualified to nationals and 2nd in category	
28/06/22	Regionals portsmouth	Tap group/ under 21s	Qualified to nationals and 3rd in category	
26/05/22	Intermediate exam	Tap exam	Pass with distinction	
25/05/22	Training		Exam practice	
20/05/22	Training		fitness	
17/05/22	Training		Ballet technique	
29/02/22	Regional qualifer	Character solo 14 years	1st in category and distinction	
29/02/22	Regional qualifier	Ballet solo 14 years	1st in category and commended	
28/02/22	Regional qualifier	Modern solo 14 years	2nd in category and distinction	
27/02/22	Regional qualifier	Contemporary duet under 15s	1st in category and distinction	
			I have competed in the same competitions for years and continued the same training.	
02/04/2023	AED Centenary gala. Any national level competitors could audition to be involved	contemporary group dance	out of the whole country's national competitors I was one of 24 numbers selected to be involved in dancing on europe's largest stage alongside professional schools	