

How to Succeed in GCSE PE (OCR)

The best chance of success in all subjects is:

- an excellent punctuality and attendance to lessons
- a positive attitude to learning
- high aspirations, resilience and a determination to achieve
- a commitment to independent study (homework and revision)

In GCSE PE we provide the following support to ensure that all students make the best possible progress:

Knowledge organisers - Here are links to each of our Knowledge Organisers:

Paper 1

[Skeletal System](#)

[Muscular System](#)

[Respiratory System](#)

[Cardiovascular System](#)

[Planes, Axes, Levers](#)

[Effects of Exercise](#)

[Fitness Testing & Training](#)

[Injury Prevention](#)

Paper 2

[Health, Fitness & Well-Being](#)

[Skill Acquisition](#)

[Mental Preparation](#)

[Feedback](#)

[Guidance](#)

[Goal Setting](#)

[Factors Affecting Participation](#)

[Participation Trends](#)

[Ethics and Deviance](#)

[Commercialisation](#)

These can be used to revise the key learning ideas.

PLCs - These have been produced for each of the exam papers and they can be used to highlight what needs to be revised for each exam paper, but also to highlight any areas that need to be prioritised for revision.

Google classroom - The Google Classroom is used to share Google Slides and key resources that have been used in lessons. Students can access their AEP coursework tasks on the classroom as well as their practical activity logbook that needs to be completed regularly throughout the course.

Homework - We expect students to be training and competing regularly outside of school in at least one sporting activity. We also expect them to participate in the extra-curricular programme at school to support development

in their second and third sports. Theoretical homework needs to be completed to set deadlines and regular unit tests need to be prepared for.

Revision Material

- We recommend that students buy a revision guide. These can be purchased through the school shop

We recommend the following revision APPS and websites:

- [The Everlearner](#) - each student has their own login details.

If there are any subject concerns please contact the class teacher early, so that we can offer support. By working closely together we can make sure students make the best possible progress.