



Supporting your child through GCSE PE

OCR GCSE PE - Year 10



The GCSE PE Exams

Paper/NEA	Topics	Length	%	Date
AO4	Practical Assessment Moderation	1 day	30	March / April 2019
AEP	Analysing and Evaluating Performance	15 hours	10	Year 10
Paper 1	Physical Factors affecting Performance	1 hour	30	May 19
Paper 2	Social-cultural issues and sports psychology	1 hour	30	May 19

Key Dates for GCSE PE 2019



2018	November	Start revising at home
		Year 11 Mock Exams
	December	AEP completed in school time
2019	January	Revising should be picking up Practical marks to be finalised
	February	Practical Moderation
		Full revision in lessons
	March	Year 11 Mocks 2
	April	Easter Holidays Revision sessions
	May	EXAM
	May 19	Paper 1 – Physical Factors affecting Performance
May 19	Paper 2 - Social-cultural issues and sports psychology	

Supporting with Revision

Revision is vital for all students but can lead to a great deal of stress and anxiety. We've included some tips below for parents:

- Encourage your child to start revision early – this will also be beneficial for the mock in November.
- Encourage your child to be organised and use a revision timetable and also space out the different topics on the specification.
- Encourage your child to use all the materials that are provided.
- Ask your child if you can help them; checking knowledge, chatting to them over dinner, use flashcards to quiz them etc.
- Encourage your child to attend revision sessions and complete their homework.
- Ensure your child has breaks, eats well and gets a work/life balance.

Intervention Sessions

Intervention sessions will begin once the year 10's have completed their mock exams/end of year exams.

Day and Dates to be confirmed

Attendance is essential to doing well in GCSE PE, those who attend do well in their exams, simple!

Contacting the department

If you have any questions about GCSE PE please contact the department

Mrs Beardsmore (Head of PE)

rbeardsmore@newarkacademy.co.uk

You can also follow the PE departments twitter account

@NA_PEDepartment



Exam Content

Paper one	• The structure and function of the skeletal system
	• The structure and function of the muscular system
	• Movement analysis
	• The cardiovascular and respiratory systems
	• Effects of exercise on the body systems
	• Components of fitness
	• Applying the principles of training
Paper two	• Preventing injury in physical activity and training
	• Engagement patterns of different social groups in physical activities and sports
	• Commercialisation of physical activity and sport
	• Ethical and social-cultural issues in physical activity and sport

Knowledge Organisers

Knowledge organisers are a set of information sheets specific to the OCR GCSE PE specification. They have a set of basic information grouped in a systematic and logical way to engage the learner in their revision/learning.

The knowledge organisers are to be used in line with the school policy.

Independent Learning

The Independent learning booklets are to be used in conjunction with the KO and the revision mats. The independent learning questions are there to develop the learners application of the knowledge learned.

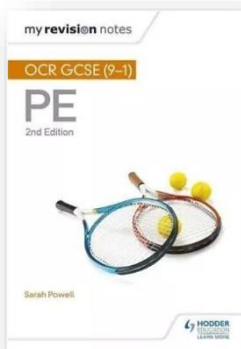
Set dates/time scales will be given to the students for each section of the course.

Revision Books

Revision books and websites can be an excellent resource for revision.

But because there are different exam boards with slightly different specification it is important that you are using an

OCR GCSE PE specific book.



This is a good revision guide for our specification.
Others are available but this one is recommended.