

GCSE PE Personalised Learning Checklist

Exam Board: OCR

My target grade is:

Topic/Module:

Year Group: 9-11

My predicted grade is:

Use this checklist before your assessment to focus your revision, and after to check the effectiveness of your revision

G	I am confident about this topic and I know what I need to do to revise it
A	I am not too sure about this topic, I may need to check with my teacher and spend more time revising this topic
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to revise it.

Revision Resources	Topic / Unit Focus	R	A	G
Component 01: Physical Factors affecting Performance 1.1 Applied Anatomy and Physiology 1.2 1.2 Physical training				
	1.1a The Structure and Function of the Skeletal System			
	<ul style="list-style-type: none"> Know the location of bones Describe the functions of the skeleton Know the definition of synovial joints, giving examples Describe the types of movement available at synovial joints Know the role of ligaments, tendons and cartilage 			
	1.1b The Structure and Function of the Muscular System			
	<ul style="list-style-type: none"> Know the location of muscles Describe the role and muscle actions in a variety of sporting examples 			
	1.1c Movement Analysis			
	<ul style="list-style-type: none"> Know the three classes of lever Know the definition of mechanical advantage Know the location of the planes of movement and apply them to sport Know the location of the axis of movement and apply them to sport 			
	1.1d The Cardiovascular and Respiratory Systems			

	<ul style="list-style-type: none"> • Know the double circulatory system • Know the different blood vessels • Understand the pathway of blood through the heart • Know the definitions of heart rate, stroke volume and cardiac output • Know the role of the red blood cells • Understand the pathway of air through the respiratory system • Know the role of respiratory muscles • Know the definitions of breathing rate, tidal volume and minute ventilation • Understand about the alveoli as the site of gaseous exchange • Know definitions of aerobic and anaerobic exercise • Be able to apply practical examples of aerobic and anaerobic activities 			
	1.1e The effects of exercise on body systems			
	<ul style="list-style-type: none"> • Understand the short and long term effects of exercise on the bodies systems • Be able to apply sporting examples • Be able to collect data relating to short and long term effects 			
	1.2a Components of Fitness			
	<ul style="list-style-type: none"> • Know the components of fitness • Know suitable tests for each component of fitness • Be able to give practical examples of when each component is important 			
	1.2b Applying the Principles of Training			
	<ul style="list-style-type: none"> • Know the definitions for the principles of training • Know the elements of the FITT principle • Know the types of training • Understand the key components of a warm up and know the benefits of completing one • Understand the components and benefits of a cool down 			
	1.2c Preventing injury in physical activity and training			
	<ul style="list-style-type: none"> • Understand how the risk of injury can be minimises • Know the potential hazards in physical activity and sports settings 			
Component 02: Socio-Cultural issues and sport Psychology 2.1 Socio-Cultural influences 2.2 Sports Psychology 2.3 Health, Fitness and well-being				
	2.1a Engagement patterns of different social groups in physical activities and sports			

	<ul style="list-style-type: none"> • Be familiar with trends in participation levels of various groups • Understand how different factors can affect participation • Understand strategies to improve participation using sporting examples 			
	2.1b Commercialisation of physical activity and sport			
	<ul style="list-style-type: none"> • Understand the influence of the media on the commercialisation of sport • Know the meaning of commercialisation/media and sponsorship • Understand the positive and negative influences 			
	2.1c Ethical and Socio-cultural issues in physical activity and sport			
	<ul style="list-style-type: none"> • Know and understand ethics in sport • Know and understand the impact of drugs on sports performance • Understand reasons for violence in sport 			
	2.2 Sports Psychology			
	<ul style="list-style-type: none"> • Know the characteristics of a skilful movement, using and applying examples • Know how to classify skills, giving practical examples • Understand and be apply examples of goal setting using SMART • Know how mental preparation techniques can be used in sport • Understand types of guidance including advantages and disadvantages • Understand types of feedback and be able to apply practical examples 			
	2.3 Health, Fitness and Well-Being			
	<ul style="list-style-type: none"> • Know what is meant by health, fitness and well-being • Understand the different health benefits of physical activity and consequences of a sedentary lifestyle • Know the meaning of a balance diet and understand the importance of diet and hydration in physical activity 			

Additional Support/ Guidance:

