





Thomas Mills
High School & Sixth Form

Intent: In line with the OCR GCSE PE syllabus pupils will:

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- Understand how the physiological and psychological state affects performance in physical activity and sport
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport
- Understand the contribution which physical activity and sport make to health, fitness and well-being
- Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Practical Assessment skills for each sport. [OCR GCSE \(9-1\) Physical Education J587 Guide to Non-exam Assessment \(NEA\) - Version 4.8 \(January 2025\)](#)

Homework is often set on the Everlearner platform, which can be accessed anytime for revision or extra practice.

1. **Log in** to EverLearner using your **username and password** (Provided at the start of Year 9).
2. Once logged in, go to your **Dashboard**.
3. Click on **Continue Studying**.
4. Choose the **topic** you want to work on.
5. From there, you can access:
 -  **Videos** to help you learn
 -  **Quizzes** to test your understanding



Term	Topic	Knowledge and Skills	Useful Links
1	2.1 Socio-cultural influences	<p>Knowledge:</p> <p>Trends in participation in physical activity and sport in the UK.</p> <p>Factors affecting participation.</p> <p>Strategies to promote participation.</p>	<p>Participation in sport and influencing factors - Social groupings and participation in sport - BBC Bitesize</p>
	2.3 Health Fitness and wellbeing	<p>Physical, emotional and social health benefits of physical activity and consequences of a sedentary lifestyle.</p> <p>Skills:</p> <p>PEEL – Learn and understand technical terminology and concepts to then be able to make a Point, Explain, provide a relevant Example and Link to the question.</p>	
Assessments		<p>End of topic 2.1 test utilising exam style questions.</p> <p>End of practical units assessments using the assessment criteria.</p>	
2	2.3 Health and wellbeing	<p>Knowledge:</p> <p>Analysis of health, fitness and wellbeing data.</p> <p>Diet and nutrition</p> <p>Definition and components of a balanced diet.</p> <p>Effect of diet and hydration on energy use in physical activity.</p>	<p>Health and wellbeing in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</p> <p>Cardiovascular system - OCR - BBC Bitesize</p>
	1.1 Applied anatomy and physiology	<p>Structure and function of the cardiovascular system.</p> <p>Pulmonary and systemic circulatory systems.</p> <p>Role of red blood cells and pathway of blood.</p>	



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CURRICULUM OVERVIEW: Physical Education

		<p>Skills: PEEL – Learn and understand technical terminology and concepts to then be able to make a Point, Explain, provide a relevant Example and Link to the question.</p> <p>Coursework Conduct fitness tests applying protocol. Analyse aspects of personal performance in a practical activity. Evaluate the strengths and weaknesses of the performance. Produce an action plan which aims to improve the quality and effectiveness of the performance.</p>	<p>Coursework guidance: OCR GCSE (9-1) Physical Education J587 Guide to Non-exam Assessment (NEA) - Version 4.8 (January 2025)</p>
Assessment		End of topic 1.1 test utilising exam style questions, and end of practical unit assessments using the assessment criteria.	