



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	2.3 Health, fitness and wellbeing	Knowledge: Diet: Definition of a balanced diet. Components of a balanced diet. Effect of diet and hydration on energy use for different activities.	Diet and nutrition OCR - BBC Bitesize Food types -BBC Bitesize Diet and physical activity-BBC Bitesize Participation in sport and influencing factors - Social groupings and participation in sport - BBC Bitesize
	2.1 Physical activity and sport in the UK	Current trends in participation based upon social groups. Current trends of participation in different physical activities and sport. Factors affecting participation. Strategies to promote participation. Participation data analysis.	
	4 Coursework	Recap of previously taught topics and completion of related coursework sections: Skill classification and skill continuums. Muscles, joints and movements. Principles and methods of training and goalsetting. Risk/ hazard assessment and injury prevention. 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. Coursework skills: 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.	
Assessments		Year 11 preparatory exam. 2.1 Physical activity and sport in the UK topic test. End of practical units assessments using the assessment criteria.	
2	2.1b Commercialisation of physical activity and sport 2.1c Ethics in sport	Knowledge: Role and influence of the media. Golden triangle; relationship between sport, media and sponsorship (positives and negatives). Distinction between sportsmanship and gamesmanship. Deviance in sport. Drugs in sport. Violence in sport. REVISION – A structured revision programme covering all the taught content, exam technique and practise questions/ papers. 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.	Elite sport, the media and sponsors - Commercialisation - BBC Bitesize The golden triangle -BBC Bitesize The effects of the media on sport - Commercialisation in sport - BBC Bitesize Sporting behaviour- BBC Bitesize Deviance -BBC Bitesize Performance-enhancing drugs -BBC Bitesize
Assessments		Year 11 preparatory exams.	



		End of topic 2.1b Commercialisation test and 2.1c Ethics in sport test, utilising exam style questions. Students will be assessed in their chosen 3 sports and assigned final practical marks out of 20 using the assessment criteria. Coursework will be internally marked and moderated.	
3	REVISION	Knowledge: A structured revision programme will continue covering all the taught content, exam technique and practise questions/ papers. 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.	
Assessment		Practical and written coursework to be externally moderated by the exam board. Final GCSE formal exams.	