



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

Year 9			
Term	Topic	Knowledge and Skills	Useful Links
1		Knowledge: Characteristics of skilful movement	Characteristics of skilful movement - BBC Bitesize



	2.2 Sports Psychology	Classification of skill Goalsetting Mental preparation Types of guidance Types of feedback	Classification of movement skill - BBC Bitesize Goal setting - Goal setting - BBC Bitesize Mental preparation - BBC Bitesize Guidance in sport -BBC Bitesize Types of feedback - BBC Bitesize
	2.1 Socio and cultural influences	Physical activity and sport in the UK 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.	Participation in sport and influencing factors - Social groupings and participation in sport - BBC Bitesize
Assessments		End of topic 2.2 test utilising exam style questions. End of practical units assessments using the assessment criteria.	
		Knowledge:	



2	2.1 Physical activity and sport in UK 2.3 Health fitness and wellbeing	Current trends in participation Factors affecting participation Strategies to promote participation Analysis of participation data Health benefits of physical activity Consequences of sedentary lifestyle Analysis of health-related data Diet and nutrition – components of a healthy balanced diet Effects of diet and nutrition on energy use in physical activity 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.	Health and wellbeing in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize Diet and nutrition - BBC Bitesize
Assessments		End of topic 2.1 test utilising exam style questions, and end of practical unit assessments using the assessment criteria.	
3	2.3 Health fitness and wellbeing	Knowledge: Analysis of health-related data Diet and nutrition – components of a healthy balanced diet Effects of diet and nutrition on energy use in physical activity Skills:	



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CURRICULUM OVERVIEW: Physical Education

		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		End of topic 2.3 test utilising exam style questions, and end of practical unit assessments using the assessment criteria.	