

• Subject GCSE PE	• Exam Board OCR	• Spec code J587
Place specification website address here <a href="#">OCR GCSE (9-1) Physical Education Specification J587 - Version 1.4 (February 2023)</a>		
Assessment	<p>J587/01 Physical factors affecting performance This component will assess: • 1.1 Applied anatomy and physiology • 1.2 Physical training- Written paper: 1 hour 30% of total GCSE (9–1) 60 mark.</p> <p>J587/02 Socio-cultural issues and sports psychology This component will assess: • 2.1 Socio-cultural influences • 2.2 Sports psychology • 2.3 Health, fitness and well-being- Written paper: 1 hour 30% of total GCSE (9–1) 60 marks</p> <p>J587/04 Practical Performances This component will assess: • Core and advanced skills in three activities taken from the approved lists: o one from the ‘individual’ list o one from the ‘team’ list o one other from either list. Non-exam assessment (NEA) 30% of total GCSE (9–1) 60 mark</p> <p>J587/05 Analysis and Evaluation of Performance. Non-exam assessment (NEA) 10% of total GCSE (9–1) 20 marks</p>	
Revision Topics October	<p>1.1.a. The structure and function of the skeletal system</p> <p>1.1.b. The structure and function of the muscular system</p> <p>1.1.c. Movement analysis</p> <p>1.1.d. The cardiovascular and respiratory systems</p> <p>1.1.e. Effects of exercise on body systems</p>	
Revision Topics November	<p>1.2.a. Components of fitness</p> <p>1.2.b. Applying the principles of training</p> <p>1.2.c. Preventing injury in physical activity and training</p>	
Target Mocks	w/b 20 <sup>th</sup> November	

<ul style="list-style-type: none"> <li>Subject OCR Level 1/Level 2 Cambridge National in Sport Studies</li> </ul>	<ul style="list-style-type: none"> <li>Exam Board OCR</li> </ul>	<ul style="list-style-type: none"> <li>Spec code J829</li> </ul>
Place specification website address here <a href="#">OCR Level 1/Level 2 Cambridge National in Sport Studies specification</a>		
Assessment	The two mandatory units are: • R184: Contemporary issues in sport This is assessed by an exam. • R186: Sports and the media R185: Performance and leadership in sports activities These are assessed by a set assignments.	
Revision Topics October	<ul style="list-style-type: none"> <li>R184: Contemporary issues in sport This is assessed by an exam.</li> </ul> Topic Area 1: Issues which affect participation in sport Topic Area 2: The role of sport in promoting values	
Revision Topics November	Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport.	
Target Mocks	w/b 20 <sup>th</sup> November	