

Key benefits

- **Accessible assessment**
 - Our two 1-hour question papers are designed in manageable bite-size chunks to aid your teaching and your students' revision.
 - The question papers include mostly short, point-based questions, with only one 6-marker extended response question per paper.
- **Engages, motivates and increases confidence in practical sport**
 - Teachers who have joined OCR have told us they find our cluster moderation useful to see the different standards across local schools and to talk with other teachers.
- **Accessible for all learners**
 - Section 1e of the [Guide to NEA](#) allows for reasonable adaptation of practical activities to ensure inclusion of everyone who wants to take this qualification.
 - Our co-teachable Entry Level qualification, can be used as an introduction, or an alternative to the GCSE for your students.

Content overview

Component	Marks	Duration	Weighting
Physical factors affecting performance (01) Students explore how parts of the human body function during physical activity and the physiological; adaptations that occur due to diet and training. They also develop skills in data analysis, and an understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results. There are two topics: Applied anatomy and physiology Physical training.	60	1 hour	30%
Socio-cultural issues and sports psychology (02) Students develop their knowledge of the socio-cultural and psychological influences on levels of participation in sport, and also how sport impacts on society more broadly. This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media. There are three topics: Socio-cultural influences Sports Psychology Health, fitness and well-being.	60	1 hour	30%
Practical Performances (04) Students are assessed performing in competitive situations in three practical activities, including at least one 'team' and at least one 'individual' sport from the approved activity lists. They demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. Non-Exam assessment https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment-gcse.pdf	60	–	30%
Analysis and Evaluation of Performance (05) Students are assessed on the knowledge, understanding and skills they have learnt to analyse and evaluate their own or a peer's performance in one activity. The assessment consists of a written task that must be completed under controlled conditions. Non-Exam assessment https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment-gcse.pdf	20	–	10%

Our support and resources

We understand that moving exam boards is a big step, and we are here to **support you.**

Planning and teaching resources freely available on the [GCSE PE webpage](#) including:

- Lesson powerpoints - individual powerpoints are available for you to download and use immediately with your class (find them under the topic exploration packs tab)
- Delivery guides and teacher guides - teaching support/activities for course content
- Scheme of Work builder - where you can create and export your own scheme of work.

Assessment resources freely available on the [GCSE PE webpage](#) including:

- Assessment resources - including past papers, mark schemes, examiner report, candidate exemplars and grade descriptors.
- ExamBuilder - build your own question papers for free using our online platform

ocr.org.uk/exambuilder

Active Results - Analyse your students' exam results through our online service.

ocr.org.uk/activeresults

Endorsed Textbooks

<https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/textbooks/>

For all your specific subject-related queries, you can get in touch with our friendly, knowledgeable OCR PE Subject Advisor team via pe@ocr.org.uk and follow them on Twitter [@OCR_PhysEd](https://twitter.com/OCR_PhysEd)



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CPD and teacher networks

Sign up for one of our popular CPD courses at this link: <https://www.ocr.org.uk/qualifications/professional-development/upcoming-courses/>

Sign up for our free teacher networks at this link, where you can discuss your subject with an OCR Subject Advisor and like-minded colleagues in your local area: <https://teach.ocr.org.uk/teacher-network-events>

Next steps

If you're an OCR-approved centre, all you need to do is download the specification and Guide to NEA and start teaching.

Make sure you sign up to Interchange and ExamBuilder and to our subject email mailing list, so that we can share new resources and important updates with you. <https://www.ocr.org.uk/qualifications/email-updates/>

Feedback from teachers after our June 2019 exams:

'The students were overall quite positive about the experience.'

'Excellent help from the moderator on practical moderation day.'

'They felt that the questions were fair and gave them a fair chance of achieving at an appropriate level.'

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OCR Customer Support Centre

Call us on
01223 553998

Alternatively, you can email us on
support@ocr.org.uk

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