

OCR GCSE PHYSICAL EDUCATION REVISION TRACKER

Topic	Topic Summary	AUDIT	Date revised	Date revised	Date revised	AUDIT	Date revised	Date revised	Date revised	AUDIT
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Paper 1: Physical factors affecting performance

1.1 Applied anatomy and physiology										
1.1.a The structure and function of the skeletal system	Location of major bones									
	Functions of the skeleton									
	Types of synovial joint									
	Types of movement at hinge joints and ball and socket joints									
	Other components of joints									
1.1.b The structure and function of the muscular system	Location of major muscle groups									
	The roles of muscle in movement									
1.1.c Movement analysis	Lever systems									
	Planes of movement and axes of rotation									
1.1.d The cardiovascular and respiratory systems	Structure and function of the cardiovascular system									
	Structure and function of the respiratory system									
	Aerobic and anaerobic exercise									
1.1.e Effects of exercise on body systems	Short-term effects of exercise									
	Long-term (training) effects of exercise									
1.2 Physical training										
1.2.a Components of fitness	Components of fitness									
1.2.b Applying the principles of training	Principles of training									
	Optimising training									
	Warm up and cool down									
1.2.c Preventing injury in physical activity and training	Prevention of injury									

AUDITS – Assign each topic area with a number representing your confidence level. 1 = Highly confident, 4 = Not at all confident.

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Paper 2: Socio-cultural issues and sports psychology

Topic	Topic Summary	AUDIT	Date revised	Date revised	Date revised	AUDIT	Date revised	Date revised	Date revised	AUDIT
2.1 Socio-cultural influences										
2.1.a Engagement patterns of different social groups in physical activities and sports	Physical activity and sport in the UK									
	Participation in physical activity and sport									
2.1.b Commercialisation of PA and sport	Commercialisation of sport									
2.1.c Ethical and socio-cultural issues in physical activity and sport	Ethics in sport									
	Drugs in sport									
	Violence in sport									
2.2 Sports psychology										
2.2 Sports psychology	Characteristics of skilful movement									
	Classification of skills									
	Goal setting									
	Mental preparation									
	Types of guidance									
	Types of feedback									
2.3 Health, fitness and well-being										
2.3 Health, fitness and well-being	Health, fitness and well-being									
	Diet and nutrition									

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