



Kibworth GCSE PE Revision Timetable 2025: Friday's 15:00-16:00PM



Session	Wk Commencing	Topic Covered	Content Covered	Revision Guide Pages	Knowledge Organiser
1	09/01/2026	Components of Fitness & Fitness Testing	Physical Components of Fitness / Skill Components of Fitness/ Fitness Tests	OCR – 32	1.f
2	16/01/2026	Movement Analysis	Planes/ Axes/ Levers/ Mechanical Advantage	OCR – 32	1.c
3	23/01/2026	Principles of Training	Principles of Training / Optimising Training/ Types of Training / HIIT / Warm up / Injury Prevention	OCR – 36-41	1.g
4	30/01/2026	Engagement in Sport	Engagement Patters / Strategies to Engage / Commercialisation / Sponsorship / Media / Conduct of Performer / Drugs in Sport / Performer Violence	OCR – 44-51	2.1
5	06/02/2026	Motor Skill	Characteristics of Skill / Classifications of Skill	OCR – 55	2.2
6	13/02/2026	Sport Psychology	Goal Setting / Mental Preparation	OCR – 56	2.2
7	27/02/2026	Guidance and Feedback	Types of Guidance / Types of Feedback	OCR – 58	2.2
8	06/03/2026	Health and Wellbeing	Health / Fitness / Lifestyle Factors / Benefits of Participation in Sport	OCR - 62	2.3
9	13/03/2026	Diet and Nutrition	Healthy Diet / Components of Diet / Energy Use / Hydration	OCR – 64	2.3
10	20/03/2026	Skeletal System	Function of the Skeleton / Bone Locations / Joint Movements / Movement Patterns / Joint Features	OCR – 2-16	1.a
11	27/03/2026	Muscular System	Muscle Locations / Types of Muscles / Antagonistic Pairs / Levers / Planes and Axes	OCR – 9	1.b
12	17/04/2026	Cardiovascular System	Double Loop Blood Flow / Structure of Blood Vessels / Cardiac Volumes	OCR – 19	1.d
13	24/04/2026	Respiratory System	Pathways of Air / Gaseous Exchange / Mechanics of Breathing / Tidal Volume/ Breathing frequency/ Minute ventilation	OCR – 22	1.e
14	01/05/2026	Effects of Exercise	Short Term Effects / Long Term Effects	OCR – 24-29	1.f
16	08/05/2026	Drop-in Session	Paper 1 Exam Revision		
17	15/05/2026	Drop-in Session	Paper 2 Exam Revision		

Exam Dates

Paper 1: Physical Factors Affecting Performance –

Friday 22nd May 2026 AM

Paper 2: Socio-Cultural Issues & Sports Psychology –

Monday 1st June 2026 AM

Revision Resources:

- GCSE PE White Revision Guides.
- GCSE PE folders with completed booklets for every topic.
- The Everlearner online – All students have a log in to access every topic from paper 1 & 2, including tutorials, exam questions and topic tests. www.theeverlearner.com
- At KMA We study OCR GCSE PE – Head to the OCR website and print off some past papers to complete or ask Mr Hill to provide you with some past papers.

Additional Resources:

- **NEA specification:** <https://ocr.org.uk/Images/234827-gcse-guide-to-non-exam-assessment.pdf>
- **OCR GCSE PE Course Specification:** <https://www.ocr.org.uk/images/234822-specification-accredited-gcse-physical-education-j587.pdf>
- My Revision Notes: OCR GCSE PE 9-1 2nd Edition by Hodder Education - £9.99