

SUBJECT – GCSE PE	EXAM BOARD - OCR
Topics for revision	Useful Resources / websites
Paper 1 – Physical factors affecting performance	Anatomy and Physiology, Skeletal system, Muscular System, Cardio and Respiratory systems, Effects of Exercise on the body, Components of fitness, Principles of training and Preventing Injury.
Paper 2 – Socio-cultural issues in sport	Sports Psychology (Skilful movement, skills, feedback, mental preparation and guidance. “ Amazon, My revision notes:OCR 9-1 PE 2 nd edition”
	All other revision material to be uploaded to Teams and in exercise books.