

OCR GCSE PE 2022 (J587) Paper 1

Date: 24th May Time: PM Marks: 60 Length: 60 min Marks per min: 1.00

REVISION

Watch our live revision sessions on youtube.com/TheEverLearner



YouTube

Wed 4th May 5:45-7:15pm

AEI listed content

- ✓ Lever systems
- ✓ Planes and axes
- ✓ Structure and function of the CV system
- ✓ Short-term effects
- ✓ Long-term effects
- ✓ Components of fitness
- ✓ Types of training
- ✓ Minimising the risk of injury

Skills

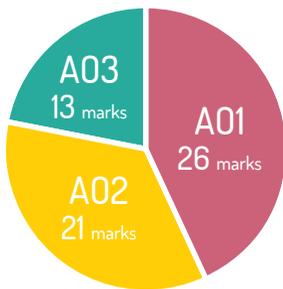


Average marks for all Paper 1s since 2018



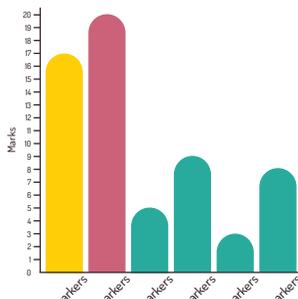
Want to know more about the exam? Have a look at our blog post about this exam on blog.theeverlearner.com/en/the-changing-rooms/advance-exam-information-ocr-gcse-pe

A0 coverage



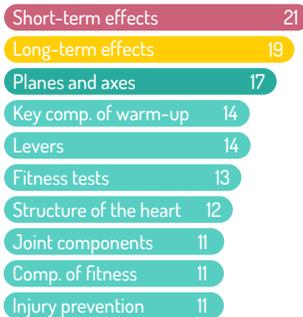
Average marks for all Paper 1s since 2018

Mark allocation



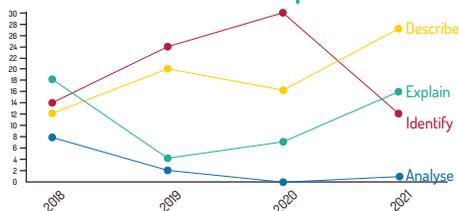
Average marks for all Paper 1s since 2018

Most examined topics



Average marks for all Paper 1s since 2018

Marks awarded per skill



Revision tips



Use the tutorials, quizzing and testing on The EverLearner



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ES

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Take great notes and learn them!



The EverLearner

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Date: 24th May Time: PM Marks: 60 Length: 60 min Marks per min: 1.00

Content preparation

- | | | |
|--|--|---|
| <input type="checkbox"/> I am fully aware of the Advance Exam Information listings.
<input type="checkbox"/> I have OVER-LEARNED all of the Advance Exam Information content.
<input type="checkbox"/> I have learned all other specification content in preparation for lower-tariff questions. | | <input type="checkbox"/> Lever systems
<input type="checkbox"/> Planes and axes
<input type="checkbox"/> Structure and function of the CV system
<input type="checkbox"/> Short-term effects
<input type="checkbox"/> Long-term effects
<input type="checkbox"/> Components of fitness
<input type="checkbox"/> Types of training
<input type="checkbox"/> Minimising the risk of injury |
|--|--|---|

Skills preparation

- I am fully aware of the most common command words in the OCR GCSE PE Paper 1 exam.
- I have OVER-PRACTISED 'Identify'/'State'/'Give'/'Complete', 'Describe'/'Outline' and 'Explain' through past-paper questions AND ExamSimulator.

'Identify'/'State'/'Give'/'Complete'
skill language

'Describe'/'Outline'
skill language

'Explain'
skill language

- I am fully aware that 2-mark questions accumulate the most marks in the OCR GCSE PE Paper 1 exam.
- I have OVER-PRACTISED 2-mark questions for the OCR GCSE PE Paper 1 exam from both the exam board and ExamSimulator.
- I know the required format of the extended-writing piece(s) for the OCR GCSE PE Paper 1 exam.
- I have practised all past paper AND ExamSimulator examples of extended-writing pieces.



Practical examples (A02)

*These examples are generic and used to represent a range of content across all PE exams.

- I have read and actioned the information below about well made and poorly made practical examples across PE examinations of all kinds.

...sponsorship such as Gillette razors for football.



...sponsorship such as the brand Gillette sponsoring elite men's football to increase product awareness and, potentially, boost sales.



...open skills such as taking a (slip) catch in cricket due to the need to adapt the catching skill to suit the specific flight and pace of the ball as it leaves the edge of the bat.



...open skills such as in cricket.



...flexion is bending the elbow when weightlifting.



...flexion at the elbow when the elbow bends in the upwards phase of a biceps curl.



...agility like in basketball when you dribble the ball.



...agility is critical in basketball when dribbling the ball as a player can maintain control whilst changing direction and, therefore, dribble in and out of spaces around defenders without losing possession of the ball.



OCR GCSE PE 2022 (J587) Paper 2

Date: 10th June Time: PM Marks: 60 Length: 60 min Marks per min: 1.00

REVISION

Watch our live revision sessions on youtube.com/TheEverLearner



YouTube

Thu 12th May 5:45-7:15pm

AEI listed content

- ✓ Physical activity and sport in the UK
- ✓ Participation in physical activity and sport
- ✓ Goal setting
- ✓ Guidance
- ✓ Feedback
- ✓ Health, fitness and well-being
- ✓ Diet and nutrition

Skills

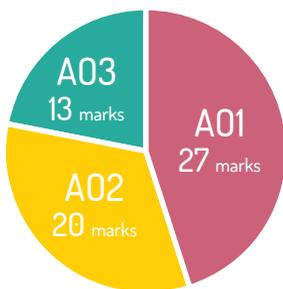


Average marks for all Paper 2s since 2018



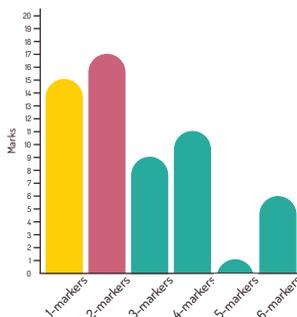
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A0 coverage



Average marks for all Paper 2s since 2018

Mark allocation



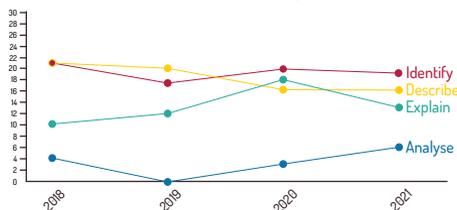
Average marks for all Paper 2s since 2018

Most examined topics

Factors affecting participation	35
Health, fitness and well-being	26
Balanced diet	23
Goal setting	20
Types of feedback	18
Cons. of a sedentary lifestyle	18
Sponsorship	17
Char. of skill	13
Mental preparation	12
Types of guidance	11

Average marks for all Paper 2s since 2018

Marks awarded per skill



Revision tips



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ES

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The EverLearner

OCR GCSE PE 2022 (J587) Paper 2

Date: 10th June Time: PM Marks: 60 Length: 60 min Marks per min: 1.00

Content preparation

- I am fully aware of the Advance Exam Information listings.
- I have OVER-LEARNED all of the Advance Exam Information content.
- I have learned all other specification content in preparation for lower-tariff questions.

- Physical activity and sport in the UK
- Participation in physical activity and sport
- Goal setting
- Guidance
- Feedback
- Health, fitness and well-being
- Diet and nutrition

Skills preparation

- I am fully aware of the most common command words in the OCR GCSE PE Paper 2 exam.
- I have OVER-PRACTISED 'Identify'/'State'/'Give'/'Complete', 'Describe'/'Outline' and 'Explain' through past-paper questions AND ExamSimulator.

'Identify'/'State'/'Give'/'Complete'
skill language

'Describe'/'Outline'
skill language

'Explain'
skill language

.....
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- I am fully aware that 2-mark questions accumulate the most marks in the OCR GCSE PE Paper 2 exam.
- I have OVER-PRACTISED 2-mark questions for the OCR GCSE PE Paper 2 exam from both the exam board and ExamSimulator.
- I know the required format of the extended-writing piece(s) for the OCR GCSE PE Paper 2 exam.
- I have practised all past paper AND ExamSimulator examples of extended-writing pieces.



Practical examples (A02)

*These examples are generic and used to represent a range of content across all PE exams.

- I have read and actioned the information below about well made and poorly made practical examples across PE examinations of all kinds.
 - ...sponsorship such as Gillette razors for football.
 - ...open skills such as taking a (slip) catch in cricket due to the need to adapt the catching skill to suit the specific flight and pace of the ball as it leaves the edge of the bat.
 - ...flexion is bending the elbow when weightlifting.
 - ...agility like in basketball when you dribble the ball.
 - ...sponsorship such as the brand Gillette sponsoring elite men's football to increase product awareness and, potentially, boost sales.
 - ...open skills such as in cricket.
 - ...flexion at the elbow when the elbow bends in the upwards phase of a biceps curl.
 - ...agility is critical in basketball when dribbling the ball as a player can maintain control whilst changing direction and, therefore, dribble in and out of spaces around defenders without losing possession of the ball.

