

# OCR GCSE PE 2023 (J587) Paper 1

Date: 17th May Time: PM Marks: 60 Length: 60 min Marks per min: 1.00

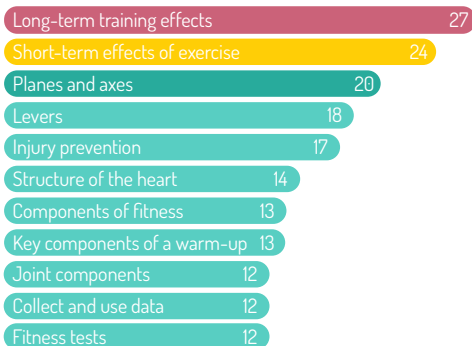
## REVISION

Watch our live revision sessions on  
youtube.com/TheEverLearner



Thu 4th May 15:30-17:00

### Most examined topics



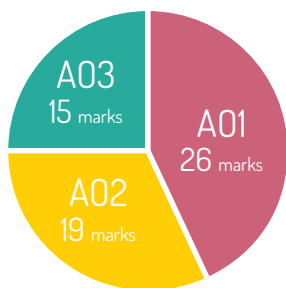
Total marks for all Paper 1s since 2018

### Skills



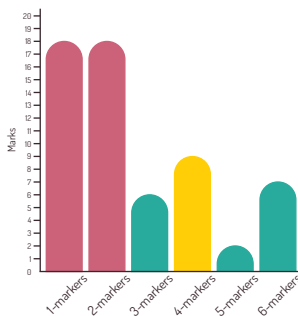
Average marks for all Paper 1s since 2018

### A0 coverage



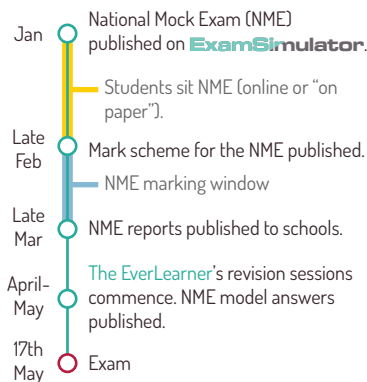
Average marks for all Paper 1s since 2018

### Mark allocation

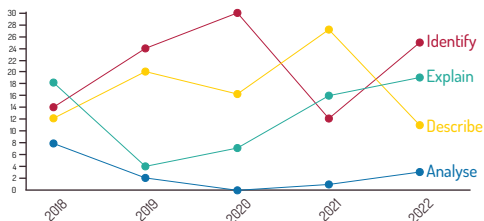


Average marks for all Paper 1s since 2018

### Timeline 2023



### Marks awarded per skill



### Revision tips

- Use the tutorials, quizzing and testing on **The EverLearner**.
- Sit the National Mock Exam with your teacher and review with mark scheme and model answers.
- Attend **The EverLearner's** Live Revision on **YouTube**.
- Do plenty of exam practice on **ExamSimulator**.
- Take great notes and learn them!



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## Content preparation

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> I have completed the National Mock Exam paper and have received my diagnostic.           | <input type="checkbox"/> Long-term training effects     | <input type="checkbox"/> Structure of the heart |
| <input type="checkbox"/> I have OVER-LEARNT all of the most examined topics.                                      | <input type="checkbox"/> Short-term effects of exercise | <input type="checkbox"/> Comp. of fitness       |
| <input type="checkbox"/> I have learnt all other specification content in preparation for lower-tariff questions. | <input type="checkbox"/> Planes and axes                | <input type="checkbox"/> Key comp. of warm-up   |
|   | <input type="checkbox"/> Levers                         | <input type="checkbox"/> Joint components       |
|   | <input type="checkbox"/> Injury prevention              | <input type="checkbox"/> Collect and use data   |

## 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 the National Mock Exam, ExamSimulator and past-paper questions.

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

'Describe'/'Outline'  
skill language

'Explain'  
skill language


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



## Practical examples (A02)

Being able to make A02 applications to movement and performance examples is a critical feature of success in this paper. 19 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks. We recommend the **EIO** method. This means that you:

1. Give your **Example**.
2. State the **Impact** of the concept.
3. State the **Outcome** that it produces.

What not to do...	What to do...
Agility is critical <b>in</b> basketball when dribbling.	Agility is critical <b>in</b> basketball when dribbling <b>the ball</b> , as the player can maintain control whilst quickly changing direction and, therefore, <b>dribble in and out of spaces</b> around defenders without losing possession of the ball.
Reaction time is <b>at the start of a 100m race</b> .	Write your example here. <hr/> <hr/> <hr/> <hr/>



# OCR GCSE PE 2023 (J587) Paper 2

Date: 8th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

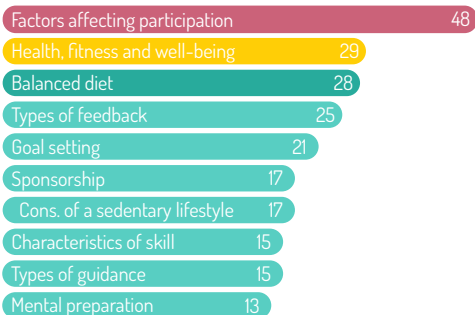
## REVISION

Watch our live revision sessions on  
youtube.com/TheEverLearner



Wed 24th May 15:30-17:00

## Most examined topics



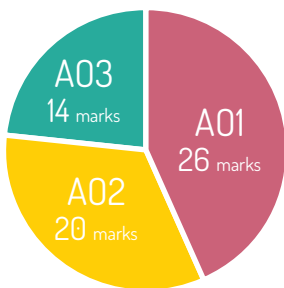
## Skills



Total marks for all Paper 2s since 2018

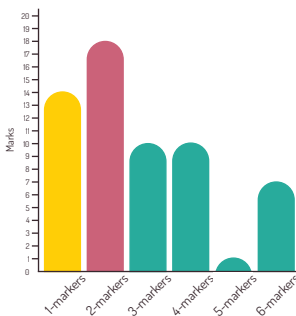
Average marks for all Paper 2s since 2018

## A0 coverage



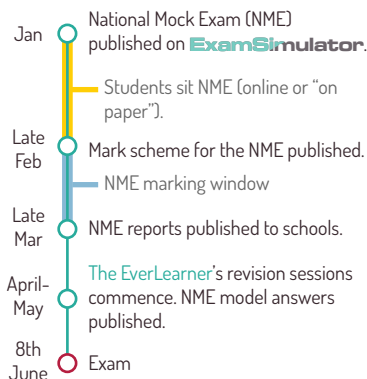
Average marks for all Paper 2s since 2018

## Mark allocation

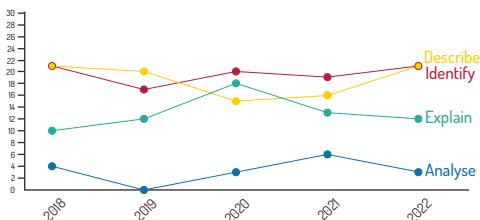


Average marks for all Paper 2s since 2018

## Timeline 2023



## Marks awarded per skill



## Revision tips

- Use the tutorials, quizzing and testing on **The EverLearner**.
- Sit the National Mock Exam with your teacher and review with mark scheme and model answers.
- Attend **The EverLearner's** Live Revision on **YouTube**.
- Do plenty of exam practice on **ExamSimulator**.
- Take great notes and learn them!



# OCR GCSE PE 2023 (J587) Paper 2

Date: 8th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

## Content preparation

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> I have completed the National Mock Exam paper and have received my diagnostic.           | <input type="checkbox"/> Factors aff. participation     | <input type="checkbox"/> Sponsorship                 |
| <input type="checkbox"/> I have OVER-LEARNED all of the most examined topics.                                     | <input type="checkbox"/> Health, fitness and well-being | <input type="checkbox"/> Cons. of a sedentary lifes. |
| <input type="checkbox"/> I have learnt all other specification content in preparation for lower-tariff questions. | <input type="checkbox"/> Balanced diet                  | <input type="checkbox"/> Characteristics of skill    |
|   | <input type="checkbox"/> Types of feedback              | <input type="checkbox"/> Types of guidance           |
|   | <input type="checkbox"/> Goal setting                   | <input type="checkbox"/> Mental preparation          |

## 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 the National Mock Exam, ExamSimulator and past-paper questions.

'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 2 exam.
- I have OVER-PRACTISED 2-mark questions for the OCR GCSE PE Paper 2 exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the OCR GCSE PE Paper 2 exam.
- I have practised all National Mock Exam, ExamSimulator and past paper examples of extended-writing pieces.



## Practical examples (A02)

Being able to make A02 applications to movement and performance examples is a critical feature of success in this paper. 20 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks. We recommend the **EIO** method. This means that you:

1. Give your **Example**.
2. State the **Impact** of the concept.
3. State the **Outcome** that it produces.

What not to do...

**Passing in football** is an open skill.

What to do...

**Passing in football** is an open skill due to the environment around the player such as the position of teammates and opponents **always being unique**. The impact of this is the player must make a pass at a specific **angle, height and pace** to suit that situation.

An example of when manual guidance would be used is **when a table tennis coach moves a player**.

Write your example here.

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