



Revision 2025

# OCR GCSE PE Paper 1

## Student Notes

# spotlight session

Recommended



**Before the revision  
session**

Complete the 2025  
National Mock Exam

Essential



**During the revision  
session**

Complete the notes

Recommended



**After the revision  
session**

Review with your  
teacher



The EverLearner

## Hot Topic 10: Aerobic and anaerobic exercise

Highlight on the answer where the student has given the two examples and then find two comparative statements. How do you know they are comparative?

32. **State** **one** example of an aerobic activity and **one** example of an anaerobic activity.

Using these examples, **compare** aerobic and anaerobic exercise.

*An example of an aerobic activity is long-distance running.*

*An example of an anaerobic activity is a 100m sprint.*

*Long-distance running, such as a marathon, is mainly aerobic as it's performed at a moderate intensity, whereas 100m sprinting is performed at a high intensity.*

*Another comparison is that marathon running is performed with the presence of oxygen, whereas 100m sprinting is performed without the presence of oxygen.*

Marks: **[4]**

Select one from each column		Select a sport or choose a different one
Give an example of..... (State, Identify)	...aerobic exercise.	Tennis
Describe...		Sprinting
Compare....	...anaerobic exercise	Marathon running

**II** Pause the show if you need more time.

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## Hot Topic 8: Fitness tests

12. Identify one suitable fitness test to assess the leg power of a basketball player.

Fitness Test: \_\_\_\_\_

Marks: [1]

21. Calculate which performer has shown the least improvement in their sit and reach test score.

Table showing the sit-and-reach test scores of performers before and after completing a training programme

Name	Sit-and-reach test score 1 (before training programme)	Sit-and-reach test score 2 (after training programme)
Vicky	14cm	21cm
Claudio	6cm	10cm
Anita	17cm	26cm
Nelson	20cm	23cm

Performer showing least improvement: \_\_\_\_\_

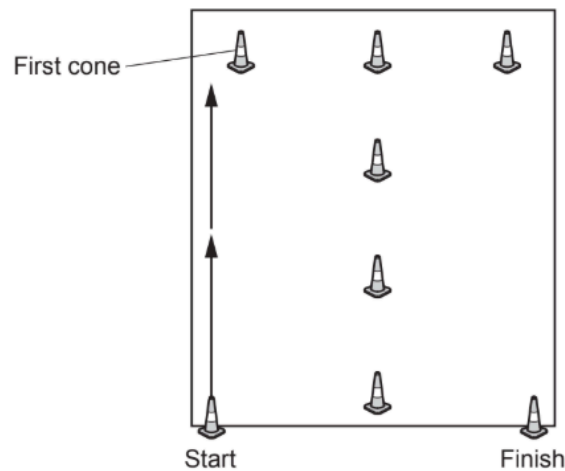
Marks: [1]

Test	Fitness Component	Most relevant to which sport
	Power	
Sit-and-reach	Flexibility	
Illinois test		
		Gymnast/Surfing/Cycling
	Coordination	Cricketer



6 This diagram shows the Illinois agility test set up.

The arrows show the direction from the start to the first cone.



(a)

(i) Complete the diagram to show the rest of the route of the Illinois agility test.

[1]

(ii) State the correct distance from the **start** to the **first cone**.

[1]

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## Hot Topic 6: Injury prevention

**31.** Identify **two** ways to minimise the risk of injury in sport and give a sporting example of each.

*One way to minimise the risk of injury is \_\_\_\_\_  
\_\_\_\_\_. An example of PPE is \_\_\_\_\_.*

*A second way to minimise the risk of injury is \_\_\_\_\_.  
An example of this is \_\_\_\_\_.*

Marks: **[4]**

'Identify' and 'Describe' are the main command words.

Fill out the table:

Injury Prevention method	Example
PPE	
Correct clothing/footwear	
Appropriate level of competition	
Use of warm-up and cool-down	
Lifting and carrying equipment safely	



Assess the quality of answer to this question:

**'Describe how appropriate level of competition can minimise the risk of injury in Association football'.  
(2 marks)**

*Football is typically played in age-restricted categories until players are adults. This is to ensure that, on average, larger and stronger players don't compete with and potentially injure smaller and lighter players from younger age groups. Furthermore, teams of all ages are often streamed into first team, second team, etc. based on the intensity of their play.*

Now try answering this question:

**'Describe ways to minimise risk of injury in Rugby union.' (3 marks)**

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