



Revision 2025

OCR GCSE PE Paper 2 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: Strategies to improve participation

Read this answer carefully. Why has it only been awarded one mark out of two?

6. Tournaments are a form of competition in sport.

Evaluate the use of competitive tournaments as a strategy to improve participation at a youth sports club.

5 Competition can actually decrease participation as some participants don't
7 enjoy it. If participants lose matches or races, it can lead to a sense of
failure and people might give up.

Marks: [2]

Now improve the answer by adding one additional statement:

USEFUL BLOG POST.



AQA
GCSE PE


Dear OCR GCSE PE students, this is how to ace your Paper 2 exam!

Dear OCR GCSE PE student, Yes, you! The one reading this post. I wanted to ask for a few moments of your time in order to share with you a few ideas about how to really prepare sharply for your OCR GCSE PE Paper 2 exam.

READ NOW



Strategy	Examples (3 of each- some ideas below)
Provision	<p>_____ and tournaments</p> <p>Non- competitive classes</p> <p>_____ - Youth, Adult, Over 50's, etc</p> <p><i>Group</i> lessons</p>
Promotion	<p>_____ promotion</p> <p>Outreach work</p>
Access	<p>_____ teams</p> <p>_____ versions of the sport</p> <p>Targeted _____ - gender, race, culture</p> <p>Facility improvements- _____ to train in the evenings etc</p>



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Hot Topic 7: Commercialisation

8. Describe the negative effects of sponsorship on the commercialisation of sport.

*Sponsors have been known to be _____ of performers and even
_____. Furthermore, sponsorship is a _____ funding stream:
It can be _____ or it can _____. Moreover, sponsors
_____ kick-off or start _____ for sports and this is not always
right for players and fans. Finally, some sponsors are selling questionable
products. For example, it could be seen as _____ that _____
_____ companies sponsor a football team.*

Marks: [4]

What if the question above was an 'Evaluate' question? What if you had to give positives and negatives?

8. Evaluate the effects of sponsorship on the commercialisation of sport.

Marks: [4]



Effects of sponsorship

for the performer

Positive

- Money for a performer to train/Turn professional
- Transport can be funded for an athlete.
- Can fund education for athletes.
- Can pay for medical support for the athlete.
- Can encourage motivation to compete/win.
- *Athlete receives free clothing and equipment.*
- *Gives the athlete status and recognition via the brand.*

Negative

- Sponsorship can be withdrawn. / May not be reliable.
- Sponsor can be controlling.
- Sponsors can pressure performers.
- Sponsorship could be immoral from alcohol or gambling companies.
- Sponsor may control what the athlete wears.
- *Only the very elite benefit from sponsorship.*
- *Sponsors may influence kick-off times to gain influence.*

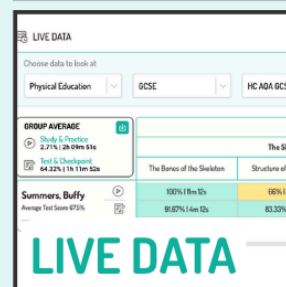
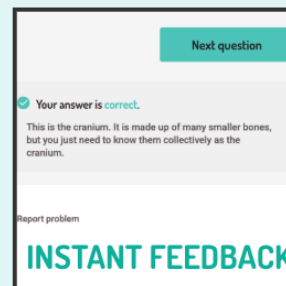
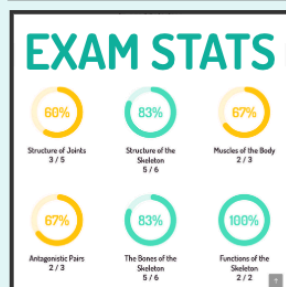
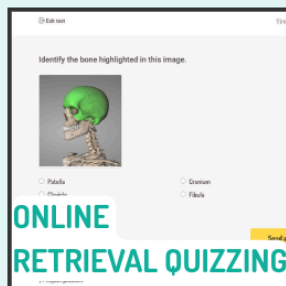
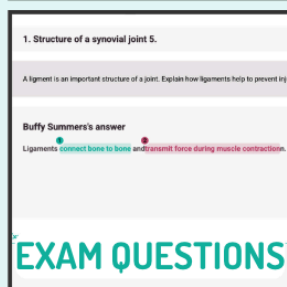
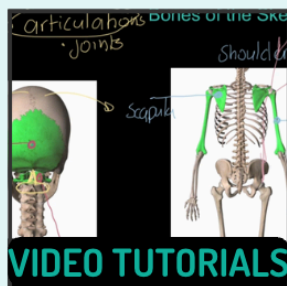
for the sponsor

Positive

- Increased publicity
- Product placement
- Tax concessions
- *Product linked to success (of sport)*
- *Increased sales*



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Hot Topic 6: Goal setting

26. Describe **three** reasons a coach might set SMART targets for a performer as part of their training programme.

Targets help _____ participants toward their _____, especially when doing hard training. Because of this, more performers will _____.

Finally, SMART targets allow a performer to be _____ towards their goal.

Marks: [3]

- S** Specific
- M** Measurable
- A** Achievable
- R** Recorded
- T** Timed

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Ashton

I want to improve my vertical jump test by 5% through a two-month summer training programme of plyometrics. I will record the details in my training diary.

S Vertical jump test links to power needed in snowboarding.
M 5% is measurable.
A Plyometrics can be done in local gym, which is achievable.
R Ashton recorded his programme in a training diary.
T Inclusion of 2 months makes it time-bound.



Henry

I wish to improve my maximal bench-press lift by 10kg for a single rep within 8 weeks of today. My training plan will be on a specialist app.

S
M
A
R
T



Aysha

Over the next 6 weeks and through a written training plan with my coach, I would like to improve my 12-min Cooper run test by an extra 10% through a variety of different training methods.

S Cooper run test measures cv fitness, important in hockey.
M 10% is measurable.
A Continuous training is easily accessible.
R Written the training programme and results with coach.
T 6 weeks is a good time to apply progressive overload.

EXTENDED
writing



FOR STUDENTS



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