

NUSA Year 11 OCR GCSE 9-1 Physical Education Revision Schedule 2019

Countdown <small>(school weeks to the exam)</small>	Course and Revision Topics		Other events	Homework
	Monday Single Lesson: J587/ 02 Socio- cultural issues and sports psychology	Friday Double Lesson: J587/ 01 Physical factors affecting performance		
	*at the beginning of each lesson students will spend 8 minutes questioning one another #247			
11	4th of February: <ul style="list-style-type: none"> ▪ Consolidating, 'Health, fitness and well-being' 	8th of February: <ul style="list-style-type: none"> ▪ Location of major bones ▪ Functions of the skeletal system ▪ Synovial joints ▪ Ligaments, tendons and cartilage 		Exam questions based on relevant topics including x1, 6 mark question.
10	11th of February: <ul style="list-style-type: none"> ▪ Engagement in physical activity and sport in the UK 	15th of February: <ul style="list-style-type: none"> ▪ Hinge and ball and socket joints ▪ Movement at hinge and ball and socket joints 	Indoor climbing moderation at Nottingham University; 9:30-am 12:00pm X 10 students involved	Exam questions based on relevant topics including x1, 6 mark question.
Half term: Tuesday intervention 10am- 13:00pm				
9	25th of February: <ul style="list-style-type: none"> ▪ Engagement in physical activity and sport in the UK 	1st of March: <ul style="list-style-type: none"> ▪ Lever systems including *mechanical advantage 	Mock practical moderation with Bluecoat Wollaton	Exam questions based on relevant topics including x1, 6 mark question.
8	4th of March: <ul style="list-style-type: none"> ▪ Ethics and violence in sport ▪ Commercialization of sport 	8th of March: <ul style="list-style-type: none"> ▪ Double circulatory system ▪ Blood vessels ▪ The pathway of blood through the heart ▪ Heart rate, stroke volume and cardiac output 		Exam questions based on relevant topics including x1, 6 mark question.
7	11th of March: J587/ 01 Physical factors affecting performance MOCK EXAM	15th of March: <ul style="list-style-type: none"> ▪ J587/ 02 Socio- cultural issues and sports psychology MOCK EXAM		
6	18th of March: <ul style="list-style-type: none"> ▪ Drugs in Sport 	22nd of March: <ul style="list-style-type: none"> ▪ Pathway of air ▪ Alveoli 		Exam questions based on relevant topics

		<ul style="list-style-type: none"> Role of respiratory muscles Breathing rate, tidal volume and minute ventilation 		including x1, 6 mark question.
5	25th of March: <ul style="list-style-type: none"> Skilful movement and skill classification 	29th of March: <ul style="list-style-type: none"> Exam feedback; J587/ 01 Physical factors affecting performance and J587/ 02 Socio-cultural issues and sports psychology 		Exam questions based on relevant topics including x1, 6 mark question.
4	1st of April <ul style="list-style-type: none"> Goal setting 	5th of April <ul style="list-style-type: none"> Aerobic and anaerobic exercise Short- term effects of exercise 		Exam questions based on relevant topics including x1, 6 mark question.
Easter				
3	22nd of April: <ul style="list-style-type: none"> Mental preparation 	26th of April: <ul style="list-style-type: none"> Component of fitness 		Exam questions based on relevant topics including x1, 6 mark question.
2	29th of April: <ul style="list-style-type: none"> Types of guidance and feedback 	3rd of May: <ul style="list-style-type: none"> Components of fitness: SPOR Optimizing training: FITT principle Types of training 	Practical moderation: 01.05.2019	Exam questions based on relevant topics including x1, 6 mark question.
1	6th of May: <ul style="list-style-type: none"> Health fitness and well- being including 'Ageing'. 	10th of May: <ul style="list-style-type: none"> Warm- up Cool- down Injury prevention Potential hazards 	Students to be removed from Core Physical Education	Exam questions based on relevant topics including x1, 6 mark question.
0* Exam week; 01 & 02	13th of May: <ul style="list-style-type: none"> Diet and nutrition 	17th of May: J587/ 02 Socio-cultural issues and sports psychology		Pray!!!
*15th of May Paper 01, 9-1 OCR GCSE PE				
*17th of May Paper 02, 9-1 OCR GCSE PE				