

OCR GCSE PE – Paper 1

Exam Structure (1 hour exam – 60 marks)

Paper 1: J587/01 Physical factors affecting performance (30% of total grade)

This component will assess:

- 1.1 Applied anatomy and physiology
- 1.2 Physical training

Knowledge Organisers

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PowerPoints

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Command words

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OCR GCSE PE – Paper 2

Exam Structure – (1 hour exam – 60 marks)

Paper 2: J587/02 Socio-cultural issues and sports psychology (30% of total grade)

This component will assess:

- 2.1 Socio-cultural influences
- 2.2 Sports psychology
- 2.3 Health, fitness and well-being.

Knowledge Organisers

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