



OCR GCSE PE – Participation & Engagement (paper 2)



West Kirby
Grammar School

Learning about this topic is important because:

It allows students to develop their knowledge and understanding of different participation rates in the UK. Learners will know about what the most popular sports are to participate in and how these rates differ between sports. Students will also learn what factors can affect participation both positively and negatively and how these can be maintained. Learners will identify and understand strategies to help increase participation rates in sports and what potential barriers we still face.

This builds on:

This topic builds on students current understanding of factors that can affect participation. There are links to HFWB booklet with physical , emotional and social factors affecting participation in sport. This topic builds on knowledge taught in the year 7, 8 and 9 core PE lessons that encourage participation and engagement, students will also know potential barriers that they currently face at their age in school and club sport.

This leads to:

Ability to answer both short and long style questions in the GCSE PE paper 2. It allows our students to how participation in sport has an effect on the commercialisation of sport, which is the next booklet. It allows our students to understand why there are lots of factors that affect participation and why different economic groups can have different levels of participation. This topic also links to paper 2 socio-cultural issues and health, fitness and well-being.

We will learn:

Students will know what is meant by;

- Participation rates
- Sport England
- Socio-economic groups
- Engagement strategies

Students will learn about the main factors affecting participation and how to overcome these

Students will know the importance of strategies to improve participation

We will develop/practise skills including:

Students will understand the relationship between different factors affecting participation and how these contribute to the overall success of different sports

Students will develop understanding of different strategies that affect participation, how access and provision can help to support engagement and why this is important for different groups such as disability and gender

Students will practise questions around these topics that will be structured the same as the exam papers.

Some of the vocabulary that we will use includes:

Participation rates, Sport England, trends, age, gender, socio-economic groups, ethnicity, disability, family, role models, barriers, media coverage, strategies, engagement patterns, access, promotion, provision, agencies, national governing bodies

You could learn more about this topic by:

- ✓ Past paper questions around this topic
- ✓ Reading of additional sporting journals about the factors affecting participation
- ✓ Watching sports documentaries and seeing the barriers to participation different athletes can encounter



Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:



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Completion of booklet
Completion of end of topic learning mat
Retrieval activities
Participation and engagement strategies end of unit tests
GCSE memory boxes test
Year 10 and 11 GCSE PE mock
OCR GCSE PE paper 2



OCR GCSE PE – Health, Fitness and Well-Being (paper 2)



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Learning about this topic is important because:

It allows students to develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Students will be able to take the knowledge they learn in this topic and apply practically to their own lifestyles. Students will be able to see why they take part in physical activities and the benefit that has to their lifestyle.

This builds on:

This is the first topic taught and allows for an introduction to GCSE PE. This topic builds on knowledge taught in the year 7, 8 and 9 fitness lessons. All students will take part in physical activity and be able to see the benefits of taking part to help prevent a sedentary lifestyle.

This leads to:

Ability to answer both short and long style questions in the GCSE PE paper 2. It leads to students being able to practically use what they have learnt in GCSE PE and implement it into aspects of life, such as their ability to look at their own sports and the reason they take part in them and the benefits this has to their own lifestyles. This topic also links to paper 2 socio-cultural issues and sports psychology.

We will learn:

Students will know what is meant by;

- Health
- Fitness
- Well-being

Students will learn about the physical, emotional and social benefits and consequences of taking part in physical activity.

Students will know what is meant by a sedentary lifestyle and the consequences of leading one.

We will develop/practise skills including:

Students will understand what is meant by health, fitness, well-being and sedentary.

Students will develop understanding of the physical, emotional and social benefits and consequences of taking part in physical activity.

Students will practise questions around these topics.

Some of the vocabulary that we will use includes:

Health, fitness, well-being, sedentary, physical, social, emotional, injury, CHD, blood pressure, bone density, obesity, type 2 diabetes, posture, self-esteem, stress management, body image, friendship, belonging, loneliness

You could learn more about this topic by:

- ✓ Past paper questions around this topic
- ✓ Experience of own sporting lifestyles and the reasons they take part in sporting activities and the benefits these bring.
- ✓ Reading of additional sporting journals about the benefits and consequences of taking part in physical activity.
- ✓ Watching aspects of sport and evaluating the benefits and consequences of taking part in physical activity.





OCR GCSE PE – Health, Fitness and Well-Being (paper 2)



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Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Completion of booklet

Retrieval activities

HFWB end of unit tests

Year 10 and 11 GCSE PE mock

OCR GCSE PE paper 2



OCR GCSE PE – SMART Goal Setting (paper 2)



Learning about this topic is important because:

It allows students to develop their knowledge and understanding of how to set various goals in sport. Learners will understand why setting goals is beneficial and how to give examples of the different types of goals dependent on the sports performer's aims.

This builds on:

This topic can have links to guidance and feedback, using feedback from other sources to inform future goals and planning.

This leads to:

Ability to answer both short and long style questions in the GCSE PE paper 2. It allows our students to understand the importance of setting goals and how this can contribute to successful performance and training adherence.

We will learn:

Students will know what is meant by;

- SMART
- Specific, Measurable, Achievable, Recorded, Timed
- Performance and outcome goals

Students will learn about the impact of setting goals

Students will know the importance setting goals over a timed period and the benefits of this.

We will develop/practise skills including:

Students will understand the relationship between setting goals and improving performance

Students will be able to apply relevant sporting examples to each type of SMART goal

Students will practise questions around these topics that will be structured the same as the exam papers.

Some of the vocabulary that we will use includes:

Exercise, training, adherence, motivation, specific, measurable, achievable, recorded, timed, outcome, performance, programme, short-term, long-term, pace

You could learn more about this topic by:

- ✓ Past paper questions around this topic
- ✓ Experience of being part of a club outside of school that has specific training programmes
- ✓ Setting own personal goals for training and understanding the short and long term benefits
- ✓



Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Completion of booklet

Completion of end of topic learning mat

Retrieval activities

Goal setting end of unit tests

GCSE memory boxes test

Year 10 and 11 GCSE PE mock



OCR GCSE PE – SMART Goal Setting (paper 2)



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OCR GCSE PE paper 2



OCR GCSE PE – Diet and Nutrition (paper 2)

**Learning about this topic is important because:**

It allows students to develop their knowledge and understanding of diet and nutrition. Learners will understand the main components of a balanced diet, including the effects of these components and hydration on performers using a range of examples from physical activities and sports. Students will be able to evaluate their diet and nutrition and the impacts/benefits this has on their lifestyles.

This builds on:

This topic follows on from 'health, fitness and well-being' and links to the importance of taking part in physical activity and sport. Performers must eat a healthy, balanced diet as well as participating in sport and physical activity.

This leads to:

Ability to answer both short and long style questions in the GCSE PE paper 2. It leads to students being able to practically use what they have learnt in GCSE PE and implement it into aspects of life, such as their ability to look at their own diet and whether they believe it is balanced or not.

This topic also links to paper 2 socio-cultural issues and sports psychology.

We will learn:

Students will know what is meant by a balanced diet and the seven components of a balanced diet;

- Carbohydrates
- Protein
- Fats
- Minerals
- Vitamins
- Fibre
- Water

With each component of fitness students will be able to discuss functions of each component and provide examples of foods which are good sources of each component.

Students will learn the effects of diet and hydration on energy use in physical activity. Students will understand the importance of effective diet and nutrition to sports performers and the impacts dietary choices have on performance.

We will develop/practise skills including:

Students will understand what is meant by a balanced diet. Students will understand the seven components of a balanced diet and will develop their ability to identify good sources of food for each component.

Students will develop understanding of the functions of each component of a balanced diet and why diet choices are so important.

Students will practise questions around these topics.

Some of the vocabulary that we will use includes:**You could learn more about this topic by:**



OCR GCSE PE – Diet and Nutrition (paper 2)



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Balanced diet, carbohydrates, proteins, fats, minerals, vitamins, fibre, water, hydration, dehydration, intake, growth, repair, energy, intake, dietary choices

- ✓ Past paper questions around this topic
- ✓ Creating a food diary of diet and assessing whether it is a balanced diet and what components of fitness it includes.
- ✓ Reading of additional sporting journals about the benefits and impacts of diet and nutrition
- ✓ Watching aspects of sport and evaluating how diet and nutrition has played a role in the success/downfall of the performance.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Completion of booklet

Retrieval activities

Food diary

Diet and Nutrition end of unit tests

Year 10 and 11 GCSE PE mock

OCR GCSE PE paper 2



OCR GCSE PE – Commercialisation of Sport (paper 2)



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Learning about this topic is important because:

It allows students to develop their knowledge and understanding of the commercialisation of sport, how sports make money and how sports raise their own profile through advertising and media. Learners will know about the golden triangle, and the relationship between the 3 points on the triangle and how this ultimately increases participation in sport.

This builds on:

This topic follows on from the participation booklet, which includes strategies to improve participation. This topic builds on knowledge taught in the year 7, 8 and 9 core PE lessons that encourage participation, practice and perseverance.

This leads to:

Ability to answer both short and long style questions in the GCSE PE paper 2. It allows our students to understand how sports raise their own profile and what factors affect this, like sponsorship and investments. It allows our students to understand why the media is important and how this can portray performers positively and negatively. This topic also links to paper 2 socio-cultural issues and health, fitness and well-being.

We will learn:

Students will know what is meant by;

- Commercialisation
- Sport, sponsorship and the media (golden triangle)
- Funding

Students will learn about the positive and negative effects of the media on sport

Students will know the importance of sponsorship deals on generating money for a sport

We will develop/practise skills including:

Students will understand the relationship between the golden triangle and how to apply this to sporting examples.

Students will develop understanding of different effects of the media and how this can impact participation in sport

Students will practise questions around these topics that will be structured the same as the exam papers.

Some of the vocabulary that we will use includes:

Commercialisation, sport, sponsorship, media, industry, funding, role models, memberships, influence, aggression, entertainment, minority groups, organisations, disabilities

You could learn more about this topic by:

- ✓ Past paper questions around this topic
- ✓ Experience of being part of a club outside of school that is funded by an organisation or requires sponsorship
- ✓ Reading of additional sporting journals about the impact of the media on sports and participation
- ✓ Watching/seeing aspects of sport in different media and seeing how this can potentially raise the profile of a sport





OCR GCSE PE – Commercialisation of Sport (paper 2)



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Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

- Completion of booklet
- Completion of end of topic learning mat
- Retrieval activities
- Commercialisation end of unit tests
- GCSE memory boxes test
- Year 10 and 11 GCSE PE mock
- OCR GCSE PE paper 2