

## Year 12 Exam Week Preparation Template

Year Group:	12
Subject:	PE

### Details of exam

Paper to be sat:	
Topics to be covered in the exam:	<p>Skeletal and muscular systems</p> <p>Cardiovascular and respiratory systems</p> <p>Energy systems</p> <p>Diet and nutrition</p> <p>Classification of skills</p> <p>Types and methods of practice</p> <p>Transfer of skills</p> <p>Learning theories</p> <p>Stages of learning, guidance and feedback</p> <p>Individual differences:</p> <ul style="list-style-type: none"> <li>- Personality</li> <li>- Attitudes</li> <li>- Motivation</li> </ul>

### Materials to support your revision

Link to Online Resources:	<a href="http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/">http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/</a>
Link to exemplar questions or past papers to use:	<p><a href="http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/">http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/</a> old papers</p> <p><a href="http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/">http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/</a> new papers</p>
Link to model answers or mark schemes:	<p><a href="http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/">http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/</a> old papers</p> <p><a href="http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/">http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/</a> new papers</p>
Recommended revision guides:	<p>PE for A Level Year 1</p> <p>PE for A Level Year 2</p> <p><a href="http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/textbooks/">http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/textbooks/</a></p>
In house booklets:	A Level mark scheme and exam question booklet.

For essay subjects and longer answer questions – suggested question titles for practice:

**10 markers**

Evaluate critically the impact of long term aerobic training and lifestyle choices on the efficiency of the respiratory system.

Describe each type of practice methods and critically evaluate their use in the performance of movement skills.

Describe the types of transfer that can occur when learning and performing movement skills. Using practical examples, explain the effects of transfer on the learning of movement skills.

Discuss using practical examples, the appropriate use of different types of reinforcement in acquiring movement skills in promoting a positive, healthy lifestyle behaviour.

Describe Bandura's model of observational learning. Discuss the factors that affect successful modelling when learning balanced, active and healthy lifestyle behaviour.

Discuss how operant conditioning could be applied to young people learning movement skills, and adopting a balanced, active, healthy lifestyle.

Using practical examples of sports performance, explain and evaluate the theories of personality

Explain why some young people have negative attitudes towards sport. Describe how you might change negative attitudes into positive attitudes towards sport.

**20 markers**

Critically evaluate the use of the energy systems to re-synthesise ATP in different sporting activities.

Examine the table below and explain the changes in the contribution of each of the energy systems for the three different athletic events. Explain why the percentage contribution of each energy system would probably change for a recreational runner performing the same distances.