

## Year 13 Mock Week Preparation Template

Year Group:	13
Subject:	A level PE
Tier (if applicable):	

### Details of mock exam

Paper to be sat:	Paper 1 - Physiological Factors Affecting Performance  Paper 2 – Psychological Factors Affecting Performance
Topics to be covered in the mock:	Paper 1: Skeletal and Muscular Systems Cardiovascular and Respiratory Systems Energy for Exercise Environmental Effects on Body Systems Diet and Nutrition Preparation and training Methods Injury Prevention Biomechanics  Paper 2: Skill Acquisition Sports Psychology

### Materials to support your revision

Link to Online Resources:	- OCR website ( <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> ) Here they will find a selection of sample exam questions
Link to exemplar questions or past papers to use:	- OCR website ( <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> ) Here they will find a selection of sample exam questions
Link to model answers or mark schemes:	- OCR website ( <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> ) Here they will find a selection of sample exam questions
Recommended revision guides:	- Class notes - OCR text book, PE for A Level book 1 (Hodder Education) - OCR text book , PE for A Level book 2 (Hodder Education)
In house booklets:	- Departmental past exam question / mark scheme booklet

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