

Year 13 Mock Week

Year Group:	13
Subject:	A Level PE

Details of mock exam

Paper to be sat:	<p>Paper 1 - Physiological Factors Affecting Performance</p> <p>Paper 2 – Psychological Factors Affecting Performance</p>
Topics to be covered in the mock:	<p>Paper 1:</p> <p>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</p> <p>Paper 2:</p> <p>Skill Acquisition Sports Psychology</p>

Materials to support your revision

Link to Online Resources:	<p>OCR website (http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/) Here they will find a selection of sample exam questions</p>
Link to exemplar questions or past papers to use:	<p>OCR website (http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/) Here they will find a selection of sample exam questions</p>
Link to model answers or mark schemes:	<p>OCR website (http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/) Here they will find a selection of sample exam questions</p>
Recommended revision guides:	<p>Class notes OCR text book, PE for A Level book 1 (Hodder Education) OCR text book, PE for A Level book 2 (Hodder Education)</p>
In house booklets:	<p>Departmental past exam question / mark scheme booklet</p>
For essay subjects and longer answer questions – suggested question titles for practice:	