

Year 12 Exam Week Preparation

Year Group:	12
Subject:	PE

Details of exam

Paper to be sat:	
Topics to be covered in the exam:	<p>Skeletal and muscular systems Cardiovascular and respiratory systems Energy systems Recovery Exercise at altitude/heat Classification of skills Types and methods of practice Transfer of skills Individual differences Goal setting</p>

Materials to support your revision

Link to Online Resources:	http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/
Link to exemplar questions or past papers to use:	<p>http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/ old papers</p> <p>http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/ new papers</p>
Link to model answers or mark schemes:	<p>http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/ old papers</p> <p>http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/ new papers</p> <p>Student exemplars under above link as well</p>
Recommended revision guides:	<p>PE for A Level Year 1 PE for A Level Year 2 http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/textbooks/</p>
In house booklets:	A Level mark scheme and exam question booklet.
For essay subjects and longer answer questions – suggested question titles for practice:	<p>10 markers Describe each type of practice methods and critically evaluate their use in the performance of movement skills.</p>

	<p>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.</p> <p>Using practical examples of sports performance, explain and evaluate the theories of personality</p> <p>Explain how the Cardiac Control Centre and Vasomotor Control Centre control heart rate and redistribution of blood during a physical activity of your choice.</p> <p><u>20 markers</u></p> <p>Critically evaluate the use of the energy systems to re-synthesise ATP in different sporting activities.</p> <p>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.</p>
--	--