

## Year 13 Mock Week

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

### Details of mock exam

Paper to be sat:	<p>Paper 1 – Physiological Factors Affecting Performance</p> <p>Paper 2 – Psychological and Socio-Cultural 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          Recovery          Environmental Effects on Body Systems          Injury Prevention          Biomechanics          Diet and nutrition          Ergogenic aids</p> <p>Paper 2:</p> <p>Skill Acquisition          Sports Psychology          Socio-Cultural</p>

### Materials to support your revision

Link to online resources:	<ul style="list-style-type: none"> <li>- 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 students will find a selection of sample exam questions</li> </ul>
Link to exemplar questions or past papers to use:	<ul style="list-style-type: none"> <li>- 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 students will find a selection of sample exam questions</li> </ul>
Link to model answers or mark schemes:	<ul style="list-style-type: none"> <li>- 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 students will find a selection of sample exam questions</li> </ul>
Recommended revision guides:	<ul style="list-style-type: none"> <li>- Class notes</li> <li>- OCR text book, PE for A Level book 1 (Hodder Education)</li> <li>- OCR text book, PE for A Level book 2 (Hodder Education)</li> </ul>
In house booklets:	<ul style="list-style-type: none"> <li>- Departmental past exam question/mark scheme booklets</li> </ul>

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

Paper 1: TBC with students.

Paper 2: Sports psychology – leadership styles and types of feedback.