

Year 12 Mock Week

Year Group:	12
Subject:	A Level PE
Tier (if applicable):	

Details of mock exam

Paper to be sat:	<p>Paper 1: <u>H555/01 Physiological factors affecting performance</u> <u>H555/02 Psychological factors affecting performance</u></p>
Topics to be covered in the mock:	<p>Paper 1:</p> <p><u>H555/01 Physiological factors affecting performance</u></p> <p>1.1.a Skeletal and muscular systems</p> <ul style="list-style-type: none"> • Joints, movements and muscles • Lower body • Analysis of movement <p>1.1.b Cardiovascular and respiratory systems</p> <ul style="list-style-type: none"> • Cardiovascular system during exercise of differing intensities and during recovery • Respiratory system during exercise of differing intensities and during recovery <p>1.3.a Biomechanics</p> <ul style="list-style-type: none"> • Biomechanical principles • Levers • Analysing movement through the use of technology <p><u>H555/02 Psychological factors affecting performance</u></p> <p>2.1 Skill Acquisition</p> <ul style="list-style-type: none"> • Classification of skills • Types and methods of practice • Transfer of skills • Principles and theories of learning movement skills • Stages of learning • Guidance • Feedback • Memory models

Materials to support your revision

Link to online resources:	<ul style="list-style-type: none">- OCR website (http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/) Here students will find a selection of sample exam questions
Link to exemplar questions or past papers to use:	<ul style="list-style-type: none">- OCR website (http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/) Here students will find a selection of sample exam questions
Link to model answers or mark schemes:	<ul style="list-style-type: none">- OCR website (http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/assessment/) Here students will find a selection of sample exam questions
Recommended revision guides:	<ul style="list-style-type: none">- OCR revision guide- Paper 1 exam question booklet- Paper 2 and 3 exam question booklet
In house booklets:	<ul style="list-style-type: none">- Class notes- Flash cards