

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 – <u>H555/01 Physiological factors affecting performance</u></p> <p>Paper 3 - <u>H555/03 Socio-cultural issues in physical activity and sport</u></p>
Topics to be covered in the mock:	<p><u>Paper 1:</u></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>1.1.c Energy for exercise</p> <ul style="list-style-type: none"> • ATP resynthesis during exercise of differing intensities and durations <p>1.1.d Environmental effects on body systems</p> <ul style="list-style-type: none"> • Exercise at altitude <p><u>1.2 Exercise physiology</u></p> <p>1.2.b Preparation and training methods in relation to improving and maintaining physical activity and performance</p> <ul style="list-style-type: none"> • Aerobic training • Strength training • Flexibility training • Periodisation training • Impacts of training on lifestyle diseases <p>1.3 Biomechanics</p> <ul style="list-style-type: none"> • 1.3.a Biomechanical principles, levers and the use of technology o Biomechanical principles • 1.3.b. Linear motion, angular motion, fluid mechanics and projectile motion

	<p><u>Paper 3:</u></p> <p><u>H555/03 Socio-cultural issues in physical activity and sport</u></p> <p>3.1 <u>Sport and society</u></p> <ul style="list-style-type: none"> • 3.1 Emergence and evolution of modern sport • 3.1 Global sporting events <p>3.2 <u>Contemporary issues in sport</u></p> <ul style="list-style-type: none"> • Contemporary issues in sport – ethics and deviance in sport
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Materials to support your revision

Link to online resources:	- 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:	- 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:	- 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:	- OCR revision guide - Paper 1 exam question booklet - Paper 2 and 3 exam question booklet
In house booklets:	- Class notes - Flash cards
For essay subjects and longer answer questions – suggested question titles for practice:	<p>Paper 1: 1.1.b Cardiovascular and respiratory systems 1.2.b Preparation and training methods in relation to improving and maintaining physical activity and performance</p> <p>Paper 3: 1.3 Global Sporting Events</p>