

Year 12 Mock Week

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

Details of mock exam

Paper to be sat:	Paper 1: <u>H555/01 Physiological factors affecting performance</u> <u>H555/02 Psychological factors affecting performance</u>
Topics to be covered in the mock:	Paper 1: <u>H555/01 Physiological factors affecting performance</u> 1.1.a Skeletal and muscular systems <ul style="list-style-type: none"> • Joints, movements and muscles • Lower body • Analysis of movement 1.1.b Cardiovascular and respiratory systems <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 1.3 Biomechanics <ul style="list-style-type: none"> • Biomechanical principles • Levers • Analysing movement through the use of technology <u>H555/02 Psychological factors affecting performance</u> 2.2 Sports Psychology <ul style="list-style-type: none"> • Individual variables <ul style="list-style-type: none"> ○ Personality ○ Attitudes ○ Motivation ○ Arousal ○ Anxiety ○ Aggression ○ Social Facilitation • Group and Team dynamics • Goal setting in sports performance

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
For essay subjects and longer answer questions – suggested question titles for practice:	<p><u>Paper 1 (10 mark questions)</u></p> <p>1.1.b Cardiovascular and respiratory systems 2.2 Sports psychology</p>