

OCR A-Level PE 2022 (H555) Paper 1

Date: 26th May Time: PM Marks: 90 Length: 120 min Marks per min: 0.75

REVISION

Watch our live revision sessions on [youtube.com/TheEverLearner](https://www.youtube.com/TheEverLearner)



Thu 5th May 4-5:30pm - App. A&P
 Mon 9th May 4-5:30pm - Exe. Phys.
 Tue 10th May 4-5:30pm - Biomech.

AEI listed content

Applied A&P

- ✓ Joints, movement and muscles: lower body
- ✓ Analysis of movement
- ✓ CV system during different intensities and during recovery
- ✓ Respiratory system during different intensities and during recovery
- ✓ ATP resynthesis during exercise of different intensities
- ✓ Exercise at altitude

Exercise Physiology

- ✓ Ergogenic aids
- ✓ Strength training
- ✓ Flexibility training
- ✓ Rehabilitation of injury

Biomechanics

- ✓ Biomechanical principles
- ✓ Linear motion
- ✓ Angular motion

Skills

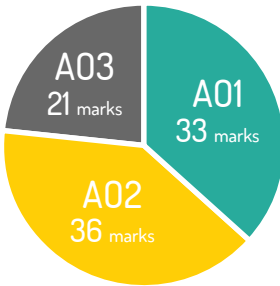


Average marks for all Paper 1s since 2018



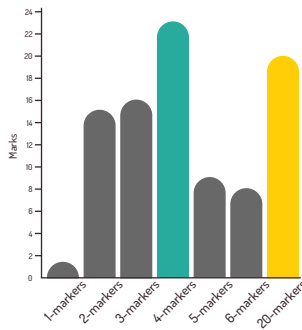
Want to know more about the exam? Have a look at our blog post about this exam on blog.theeverlearner.com/en/the-changing-rooms/advance-exam-information-ocr-a-level-pe

A0 coverage



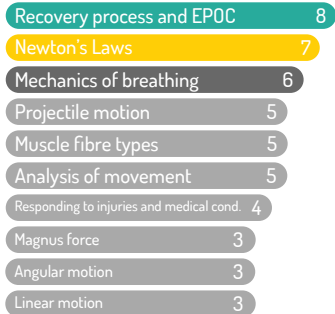
Average marks for all Paper 1s since 2018

Mark allocation



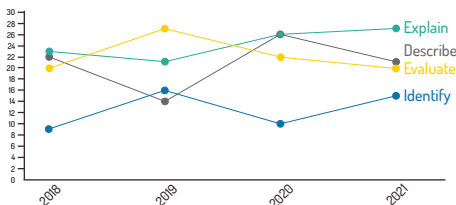
Average marks for all Paper 1s since 2018

Most examined topics



Average marks for all Paper 1s since 2018

Marks awarded per skill



Revision tips

- Use the tutorials, quizzing and testing on The EverLearner
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The EverLearner

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Content preparation

- I am fully aware of the Advance Exam Information listings.
- I have OVER-LEARNED all of the Advance Exam Information content.
- I have learned all other specification content in preparation for lower-tariff questions.

<ul style="list-style-type: none"> ✔ Applied A&P ✔ Axons, movement and muscles: lower body ✔ Analysis of movement ✔ CV system during different intensities and during recovery ✔ Respiratory system during different intensities and during recovery ✔ ATP synthesis during exercise of different intensities ✔ Exercise at altitude 	<ul style="list-style-type: none"> ✔ Exercise Physiology ✔ Ergogenic aids ✔ Strength training ✔ Flexibility training ✔ Rehabilitation of injury ✔ Biomechanics ✔ Biomechanical principles ✔ Linear motion ✔ Angular motion
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See content list overleaf

Skills preparation

- I am fully aware of the most common command words in the OCR A-Level PE Paper 1 exam.
- I have OVER-PRACTISED 'Explain', 'Evaluate' and 'Describe/Outline' through past-paper questions AND ExamSimulator.

'Explain'
skill language

'Evaluate'
skill language

'Describe'/'Outline'
skill language

- I am fully aware that 4-mark questions accumulate the most marks in the OCR A-Level PE Paper 1 exam.
- I have OVER-PRACTISED 4-mark questions for the OCR A-Level PE Paper 1 exam from both the exam board and ExamSimulator.
- I know the required format of the extended-writing piece(s) for the OCR A-Level PE Paper 1 exam.
- I have practised all past paper AND ExamSimulator examples of extended-writing pieces.



Practical examples (A02)

*These examples are generic and used to represent a range of content across all PE exams.

- I have read and actioned the information below about well made and poorly made practical examples across PE examinations of all kinds.
- ...sponsorship such as Gillette razors for football. ✔ ⊗
- ...open skills such as taking a (slip) catch in cricket due to the need to adapt the catching skill to suit the specific flight and pace of the ball as it leaves the edge of the bat. ✔ ⊗
- ...flexion is bending the elbow when weightlifting. ✔ ⊗
- The slow component of EPOC causes the removal of lactic acid after a netball match. ✔ ⊗
- ...sponsorship such as the brand Gillette sponsoring elite men's football to increase product awareness and, potentially, boost sales. ✔ ⊗
- ...open skills such as in cricket. ✔ ⊗
- ...flexion at the elbow when the elbow bends in the upwards phase of a biceps curl. ✔ ⊗
- The netballer benefits from the slow component of EPOC during end of quarter breaks as their vascular system removes lactic acid meaning the player can work at higher intensities before reaching OBLA once the next quarter starts up. ✔ ⊗



OCR A-Level PE 2022 (H555) Paper 2

Date: 10th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

REVISION

Watch our live revision sessions on youtube.com/TheEverLearner



Mon 16th May 4-5:30pm - Skill Acq.
Tue 17th May 4-5:30pm - Sport Psych.

AEI listed content

Skill Acquisition

- ✓ Learning theories
- ✓ Guidance
- ✓ Feedback
- ✓ Memory models

Sports Psychology

- ✓ Personality
- ✓ Motivation
- ✓ Arousal
- ✓ Group and team dynamics
- ✓ Weiner's model of attribution
- ✓ Confidence and self-efficacy in sport
- ✓ Leadership

Skills

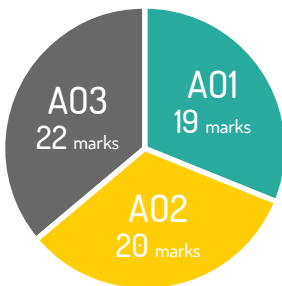


Average marks for all Paper 2s since 2018



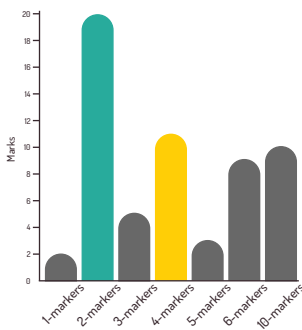
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A0 coverage



Average marks for all Paper 2s since 2018

Mark allocation



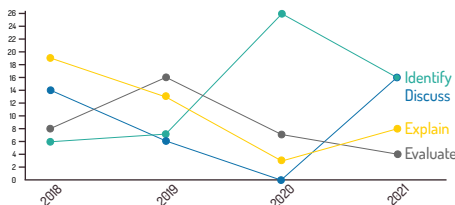
Average marks for all Paper 2s since 2018

Most examined topics



Average marks for all Paper 2s since 2018

Marks awarded per skill



Revision tips

- Use the tutorials, quizzing and testing on The EverLearner
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OCR A-Level PE 2022 (H555) Paper 2

Date: 10th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

Content preparation

- I am fully aware of the Advance Exam Information listings.
- I have OVER-LEARNED all of the Advance Exam Information content.
- I have learned all other specification content in preparation for lower-tariff questions.

Skill Acquisition <ul style="list-style-type: none">✔ Learning theories✔ Guidance✔ Feedback✔ Memory models	Sports Psychology <ul style="list-style-type: none">✔ Personality✔ Motivation✔ Arousal✔ Group and team dynamics✔ Weiner's model of attribution✔ Confidence and self-efficacy in sport✔ Leadership
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See content list overleaf

Skills preparation

- I am fully aware of the most common command words in the OCR A-Level PE Paper 2 exam.
- I have OVER-PRACTISED 'Identify'/'State'/'Give'/'Complete', 'Explain' and 'Evaluate' through past-paper questions AND ExamSimulator.

'Identify'/'State'/'Give'/'Complete'
skill language

'Explain'
skill language

'Evaluate'
skill language

- I am fully aware that 2-mark questions accumulate the most marks in the OCR A-Level PE Paper 2 exam.
- I have OVER-PRACTISED 2-mark questions for the OCR A-Level PE Paper 2 exam from both the exam board and ExamSimulator.
- I know the required format of the extended-writing piece(s) for the OCR A-Level PE Paper 2 exam.
- I have practised all past paper AND ExamSimulator examples of extended-writing pieces.



Practical examples (A02)

*These examples are generic and used to represent a range of content across all PE exams.

- I have read and actioned the information below about well made and poorly made practical examples across PE examinations of all kinds.

...sponsorship such as Gillette razors for football.

...sponsorship such as the brand Gillette sponsoring elite men's football to increase product awareness and, potentially, boost sales.

...open skills such as taking a (slip) catch in cricket due to the need to adapt the catching skill to suit the specific flight and pace of the ball as it leaves the edge of the bat.

...open skills such as in cricket.

...flexion is bending the elbow when weightlifting.

...flexion at the elbow when the elbow bends in the upwards phase of a biceps curl.

The slow component of EPOC causes the removal of lactic acid after a netball match.

The netballer benefits from the slow component of EPOC during end of quarter breaks as their vascular system removes lactic acid meaning the player can work at higher intensities before reaching OBLA once the next quarter starts up.



OCR A-Level PE 2022 (H555) Paper 3

Date: 21st June Time: PM Marks: 60 Length: 60 min Marks per min: 1.00

REVISION

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Mon 23rd May 4-5:30pm - Sport in Soc.
Tue 24th May 4-5:30pm - Cont. Issues

AEI listed content

Sport in Society

- ✓ Emergence and evolution of modern sport
- ✓ Global sporting events

Contemporary issues

- ✓ Drugs and doping in sport
- ✓ Commercialisation and media
- ✓ Impact of modern technology on elite performance
- ✓ Impact of modern technology on general participation

Skills

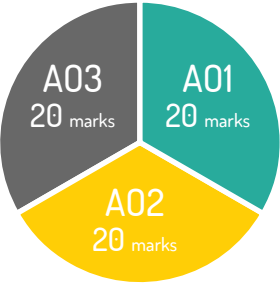


Average marks for all Paper 3s since 2018



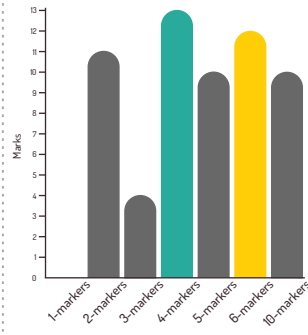
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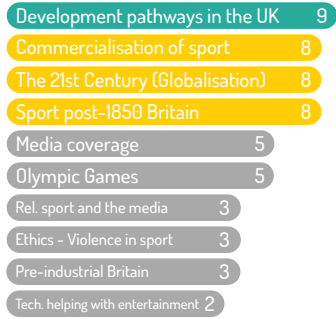
Average marks for all Paper 3s since 2018

Mark allocation



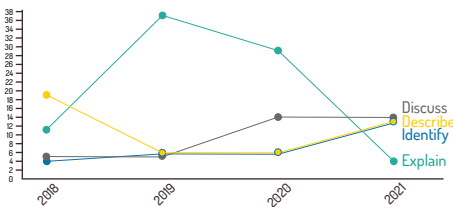
Average marks for all Paper 3s since 2018

Most examined topics



Average marks for all Paper 3s since 2018

Marks awarded per skill



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Content preparation

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<p>Sport in Society</p> <ul style="list-style-type: none"> ✔ Emergence and evolution of modern sport ✔ Global sporting events 	<p>Contemporary issues</p> <ul style="list-style-type: none"> ✔ Drugs and doping in sport ✔ Commercialisation and media ✔ Impact of modern technology on elite performance ✔ Impact of modern technology on general participation
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See content list overleaf

Skills preparation

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- I have OVER-PRACTISED 'Explain', 'Describe'/'Outline' and 'Discuss' through past-paper questions AND ExamSimulator.

'Explain'
skill language

'Describe'/'Outline'
skill language

'Discuss'
skill language

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