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

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
- \oslash Linear motion
- \oslash Angular motion



Skills

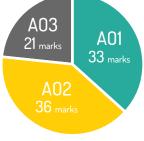


Want to know more about the exam? Have a look at our blog post about this exam on blog.theeverlearner.com/en/the-changing-rooms/ advance-exam-information-ocr-alevel-pe

Thu 5th May 4-5:30pm - App. A&P

Mon 9th May 4-5.30pm - Exe. Phys. Tue 10th May 4-5.:30pm - Biomech.

AO coverage



Average marks for all Paper 1s since 2018



3-markers -arkers

Average marks for all Paper 1s since 2018

5nar 5nakes ake

2-mailers

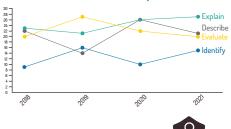
Mark allocation

Most examined topics

Recovery process and EPOC	8
Newton's Laws	7
Mechanics of breathing	6
Projectile motion	5
Muscle fibre types	5
Analysis of movement	5
Responding to injuries and medical cond.	4
Magnus force 3	
Angular motion 3	
Linear motion 3	

Average marks for all Paper 1s since 2018

Marks awarded per skill



Revision tips

Use the tutorials, quizzing and testing on log The Evertearner

S Do plenty of exam practice on ExamSimulator

Take great notes and learn them!

The EverLearner

Date: 26th May	Time: PM	Marks: 90	Length: 120	min	Marks per	r min: 0.75
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Cambamb		
Lonieni	prepara	lion
Content	prepara	cion

content p	reparation
 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. 	Applied ASP Exercise Physiology © Asek, monement and machine level and machine level and the object and and the object and the object and the object and the object and the object and the object and the object and the object and the object and the object and the object and the object and the object and the o
Skills pro	eparation
I am fully aware of the most common command words	s in the OCR A-Level PE Paper 1 exam.
I have OVER-PRACTISED 'Explain', 'Evaluate' and 'Descr ExamSimulator.	ibe/Outline' through past-paper questions AND
· · · · · · · · · · · · · · · · · · ·	iluate' 'Describe'/'Outline' inguage skill language
I am fully aware that 4-mark questions accumulate the	e most marks in the OCR A-Level PE Paper 1 exam.
I have OVER-PRACTISED 4-mark questions for the OCI board and ExamSimulator.	RA-Level PE Paper 1 exam from both the exam
I know the required format of the extended-writing pie	ece(s) for the OCR A-Level PE Paper 1 exam.
I have practised all past paper AND ExamSimulator exa	Imples of extended-writing pieces.
Practical exa	*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 examinations of all kinds.	well made and poorly made practical examples across PE
sponsorship such as Gillette razors for football. $\bigotimes \bigotimes$	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	open skills such as in cricket.
to suit the specific flight and pace of the ball as it	flexion at the elbow when the elbow bends in the
Leaves the edge of the bat. $\heartsuit \otimes$	upwards phase of a biceps curl.
flexion is bending the elbow when weightlifting. $\bigotimes \bigotimes$	The netballer benefits from the slow component of EPOC during end of quarter breaks as their vascular
The slow component of EPOC causes the removal of	system removes lactic acid meaning the player can work at higher intensities before reaching OBLA once
lactic acid after a netball match. $\bigotimes \bigotimes$	the next quarter starts up. $\bigotimes \bigotimes$



Date: 10th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00 REVISION Watch our live revision sessions on voutube.com/TheEverLearner VouTube Mon 16th May 4-5:30pm - Skill Acq. Tue 17th May 4-5:30pm - Sport Psych.

AEI listed content

Skill Acquisition

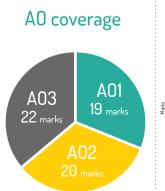
- \oslash Learning theories
- ⊘ Guidance
- \oslash Feedback
- ⊘ Memory models

- Sports Psychology
- ⊘ Personality
- ⊘ Motivation
- ⊘ Arousal
- \oslash Group and team dynamics
- \oslash Weiner's model of attribution
- Confidence and self-efficacy in sport
- \odot Leadership



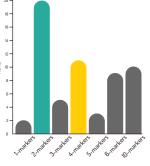
Skills

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-alevel-pe



Average marks for all Paper 2s since 2018

Mark allocation

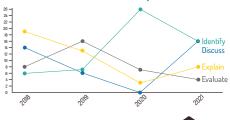


Average marks for all Paper 2s since 2018

Most examined topics



Marks awarded per skill



Revision tips

Use the tutorials, quizzing and testing on the Everteamer Attend The Everteamer's Live Revision on

S Do plenty of exam practice on ExamSimulator

Fake great notes and learn them!



D

Date: 10th June Time: AM Marks: 0	60 Length: 60 m	in Marks per min: 1.00
Content	preparation	
I am fully aware of the Advance Exam Information listings.	Skill Acquisition Sports Psycl & Learning theories Personality & Guidance Mativation	nology
I have OVER-LEARNED all of the Advance Exam Information content.	S budance S Feedback S Feedback S feedback S feroup and team d S Weiner's model s	
I have learned all other specification content in preparation for lower-tariff questions.	S Confidence and se sport Leadership	
Skills pr	eparation	
I am fully aware of the most common command wor	ds in the OCR A-Level PE Pap	er 2 exam.
I have OVER-PRACTISED 'Identify'/'State'/'Give'/'Com AND ExamSimulator.	plete', 'Explain' and 'Evaluate'	through past-paper questions
	xplain' anguage	'Evaluate' skill language
		۱ ۱ DC D ۵
I am fully aware that 2-mark questions accumulate th		
I have OVER-PRACTISED 2-mark questions for the OU board and ExamSimulator.	JR A-Level PE Paper 2 exam	
I know the required format of the extended-writing p	iece(s) for the OCR A-Level F	E Paper 2 exam.
I have practised all past paper AND ExamSimulator ex	amples of extended-writing	pieces.
Practical ex	amples (AO2)	*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 examinations of all kinds.		
sponsorship such as Gillette razors for football. © &		: the brand Gillette sponsoring increase product awareness :t sales.
open skills such as taking a (slip) catch in cricket due to the need to adapt the catching skill	open skills such as	ín crícket.
to suit the specific flight and pace of the ball as it leaves the edge of the bat. $\bigotimes \bigotimes$	flexion at the elbow upwards phase of a bi	when the elbow bends in the
flexion is bending the elbow when weightlifting.		ceps curi. $\bigotimes \bigotimes$

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



lactic acid after a netball match.

OCR A-Level PE 2022 (H555) Paper 3 Date: 21st June Time: PM Marks: 60 Length: 60 min Marks per min: 1.00 REVISION Watch our live revision sessions on youtube.com/TheEverLearner Mon 23rd May 4-5:30pm - Sport in Soc. YouTube Tue 24th May 4-5.30pm - Cont. Issues AEI listed content Skills รดบจ Sport in Society Contemporary issues ⊘ Emergence and evolution of Orugs and doping in sport modern sport ○ Commercialisation and ⊘ Global sporting events media NGG/ technology on elite performance Average marks for all Paper 3s since 2018 technology on general 回影问 Want to know more about the exam? Have a look at participation our blog post about this exam on blog.theeverlearner.com/en/the-changing-rooms/ advance-exam-information-ocr-alevel-pe Most examined Mark allocation A0 coverage topics Development pathways in the UK A03 A01 20 marks 20 marks 6 -Media coverage 3 -Rel. sport and the media 2 -Ethics - Violence in sport 3-mathers 4-matters Smatters 6-markers 2-marker Prinaike Tech. helping with entertainment 2 Average marks for all Paper 3s since 2018 Average marks for all Paper 3s since 2018 Average marks for all Paper 3s since 2018 Marks awarded per skill **Revision** tips 3863339862222864228642 Use the tutorials, quizzing and testing on 🚷 The EverLearner Attend 🚷 The EverLearner 's Live Revision on 下 YouTube Discuss Do plenty of exam practice on ExamSimulator Identify Explain Take great notes and learn them! 2020 2019 202 2018 The EverLearner

Date: 21st June	Time: PM	Marks: 60	Length: 60 min	Marks per min: 1.00
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Content	nrenar:	ation
Content	prepara	ation

	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.	Sport in Society Configure and evolution of modern aport Configure events Social sporting events	Commercialisation and	see content list overleaf
	Skills pro	eparation		
	I am fully aware of the most common command words	s in the OCR A-Leve	el PE Paper 3 exam.	
	l have OVER-PRACTISED 'Explain', 'Describe'/'Outline' a ExamSimulator.	nd 'Discuss' throug	h past-paper questions	s AND
	and the second	e'/'Outline' Inguage		Discuss' I language
	I am fully aware that 4-mark questions accumulate the I have OVER-PRACTISED 4-mark questions for the OCI board and ExamSimulator. I know the required format of the extended-writing pie	R A-Level PE Paper	3 exam from both the	exam
	I have practised all past paper AND ExamSimulator exa	imples of extended	-writing pieces.	<u>> (#1 #1 ;</u>
	Practical exa	amples (A	*These exam represent a ra exams.	ples are generic and used to ange of content across all PE
spon	l have read and actioned the information below about examinations of all kinds. sorshíp รนch as Gíllette razors for football. တိ 🛇	sponsorship elite men's foo		- Gillette sponsoring
crícket to suít	skills such as taking a (slip) catch in due to the need to adapt the catching skill the specific flight and pace of the ball as it the edge of the bat.	open skills s flexion at th	uch as in cricket. e elbow when the el e of a biceps curl.	\odot \otimes
The slo	on is bending the elbow when weightlifting. $\Im \otimes $ w component of EPOC causes the removal of total after a netball match. $\Im \otimes $	EPOC during system remov	es lactic acid mean	low component of aks as their vascular ving the player can reaching OBLA once
		the next quart	er starts up.	$\heartsuit \otimes$