

AQA A-Level PE 2023 (7582) Paper 1

Date: 24th May Time: PM Marks: 105 Length: 120 min Marks per min: 0.88

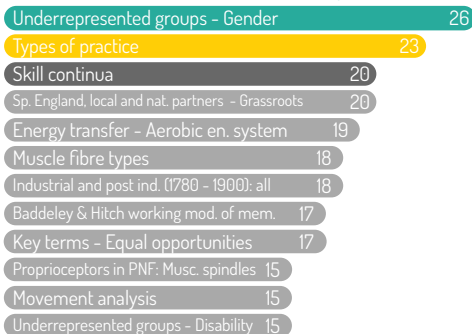
REVISION

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



Wed 10th May 17:00-18:30

Most examined topics



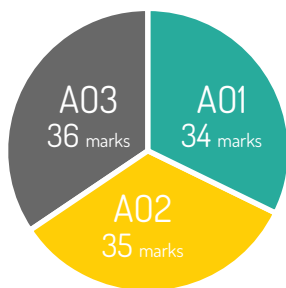
Skills



Total marks for all Paper 1s since 2018

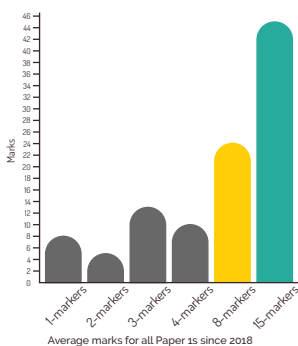
Average marks for all Paper 1s since 2018

A0 coverage

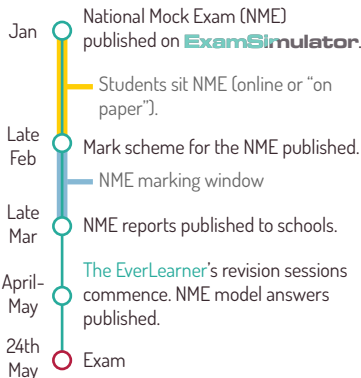


Average marks for all Paper 1s since 2018

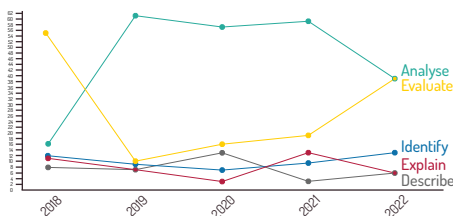
Mark allocation



Timeline 2023



Marks awarded per skill



Revision tips

- Use the tutorials, quizzing and testing on **The EverLearner**.
- Sit the National Mock Exam with your teacher and review with mark scheme and model answers.
- Attend **The EverLearner's** Live Revision on **YouTube**.
- ES** Do plenty of exam practice on **ExamSimulator**.
- Take great notes and learn them!

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Content preparation

- I have completed the National Mock Exam paper and have received my diagnostic.
 - I have OVER-LEARNT all of the most examined topics.
 - I have learnt all other specification content in preparation for lower-tariff questions.
- Underrep. groups - Gender
 - Types of practice
 - Skill continua
 - Grassroots
 - Energy transfer - Aerobic
 - Muscle fibre types
 - Industrial and post-ind.
 - Baddeley & Hitch
 - Key terms - equal opps.
 - Proprio. - Muscle spindles

Skills preparation

- I am fully aware of the most common command words in the AQA A-Level Paper 1 exam.
- I have OVER-PRACTISED 'Analyse', 'Evaluate' and 'Identify'/'State'/'Give'/'Complete' through the National Mock Exam, ExamSimulator and past-paper questions.

'Analyse'
skill language

'Evaluate'
skill language

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

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- I am fully aware that 15-mark questions accumulate the most marks in the AQA A-Level Paper 1 exam.
- I have OVER-PRACTISED 15-mark questions for the AQA A-Level Paper 1 exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the AQA A-Level Paper 1 exam.
- I have practised all National Mock Exam, ExamSimulator and past paper examples of extended-writing pieces.



Practical examples (A02)

Being able to make A02 applications to movement and performance examples is a critical feature of success in this paper. 35 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks.

We recommend the **EIO** method. This means that you:

1. Give your **Example**.
2. State the **Impact** of the concept.
3. State the **Outcome** that it produces.

What not to do...

Extrinsic feedback is when a rugby coach says "Good tackle."

What to do...

Extrinsic feedback is applied by a rugby defensive coach during half-time by praising the tacklers for getting low and driving upward, which causes the same players to repeat this in the second half and force their opponents back.

An example of primary socialisation is when children copy parents.

Write your example here.



AQA A-Level PE 2023 (7582) Paper 2

Date: 8th June Time: AM Marks: 105 Length: 120 min Marks per min: 0.88

REVISION

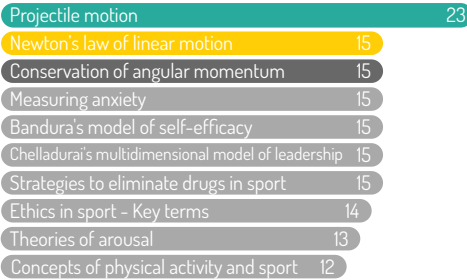
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youtube.com/TheEverLearner



YouTube

Thu 25th May 17:00-18:30

Most examined topics



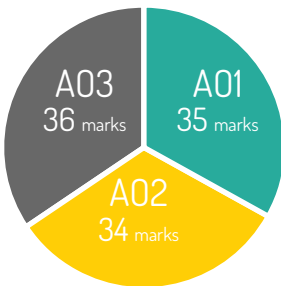
Total marks for all Paper 2s since 2018

Skills



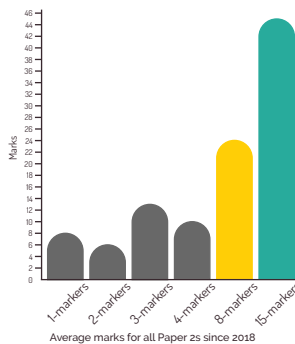
Average marks for all Paper 2s since 2018

A0 coverage



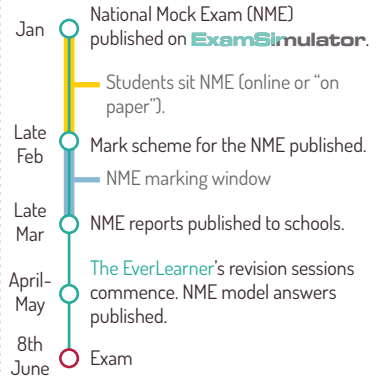
Average marks for all Paper 2s since 2018

Mark allocation

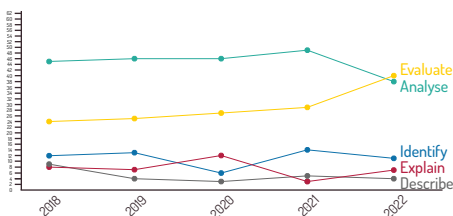


Average marks for all Paper 2s since 2018

Timeline 2023



Marks awarded per skill



Revision tips

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The EverLearner

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Content preparation

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 - I have OVER-LEARNT all of the most examined topics.
 - I have learnt all other specification content in preparation for lower-tariff questions.
- Projectile motion
 - Newton's law of linear motion
 - Cons. of angular momentum
 - Measuring anxiety
 - Bandura's model
 - Chelladurai's model
 - Strategies drugs in sport
 - Ethics in sport - key terms
 - Theories of arousal
 - Conc. phys. activity & sp.

Skills preparation

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'Analyse'
skill language

'Evaluate'
skill language

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

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What not to do...

A sprinter would use protein when they do a weights session.

What to do...

A sprinter typically consumes 30g of protein after each weight session to cause muscular adaptations such as muscular hypertrophy and be able to lift heavier and longer in the next session.

According to Steiner's model, team games like football can experience faulty processes.

Write your example here.

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