

OCR A-Level PE 2023 (H555) Paper 1

Date: 24th May Time: PM Marks: 90 Length: 120 min Marks per min: 0.75

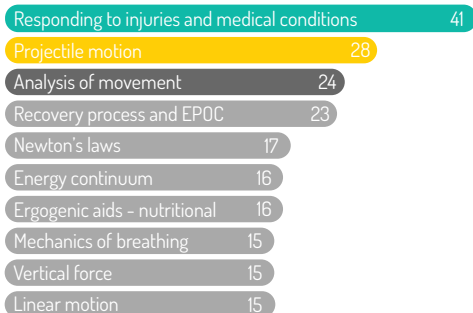
REVISION

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



Wed 10th May 15:30-17:00

Most examined topics



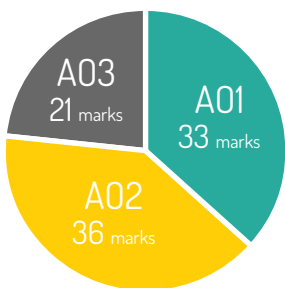
Skills



Total marks for all Paper 1s since 2018

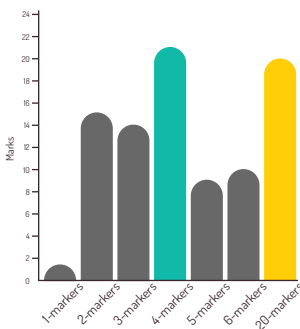
Average marks for all Paper 1s since 2018

A0 coverage



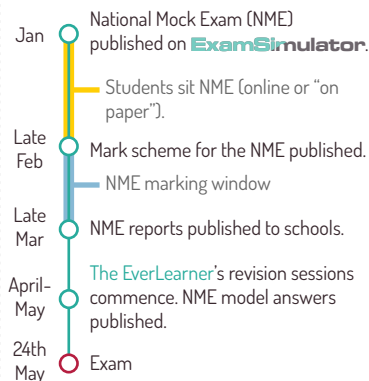
Average marks for all Paper 1s since 2018

Mark allocation

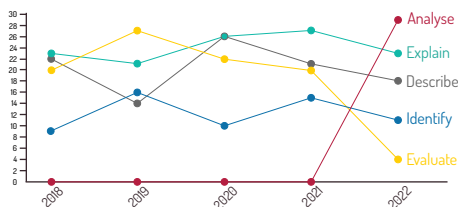


Average marks for all Paper 1s since 2018

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 explain with mark scheme and model answers.
- Attend [The EverLearner's](#) Live Revision on [YouTube](#).
- Do plenty of exam practice on [ExamSimulator](#).
- Take great notes and learn them!

OCR A-Level PE 2023 (H555) Paper 1

Date: 24th May Time: PM Marks: 90 Length: 120 min Marks per min: 0.75

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.
- Responding to injuries
 - Projectile motion
 - Analysis of movement
 - Recovery process and EPOC
 - Newton's laws
 - Energy continuum
 - Ergogenic aids - nutrition
 - Mechanics of breathing
 - Vertical force
 - Linear motion

Skills preparation

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

'Explain'
skill language

'Describe'/'Outline'
skill language

'Evaluate'
skill language

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- I am fully aware that 4-mark questions accumulate the most marks in the OCR A-Level Paper 1 exam.
- I have OVER-PRACTISED 4-mark questions for the OCR 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 OCR 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. 36 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks.

We recommend the **EIQ** 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...

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.

An example of an aerobic athlete is a marathon runner.

Write your example here.

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OCR A-Level PE 2023 (H555) Paper 2

Date: 8th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

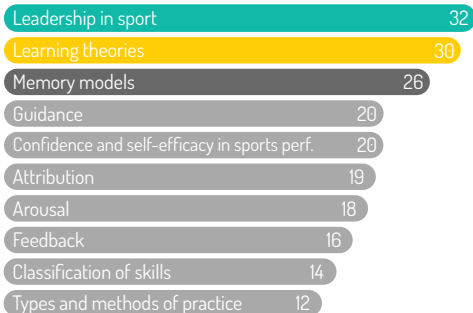
REVISION

Watch our live revision sessions on
youtube.com/TheEverLearner



Thu 25th May 15:30-17:00

Most examined topics



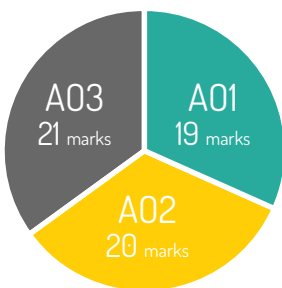
Total marks for all Paper 2s since 2018

Skills



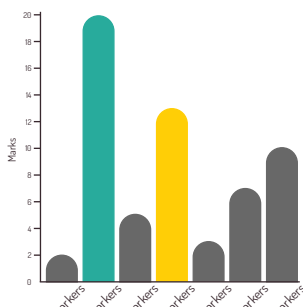
Average marks for all Paper 2s since 2018

A0 coverage



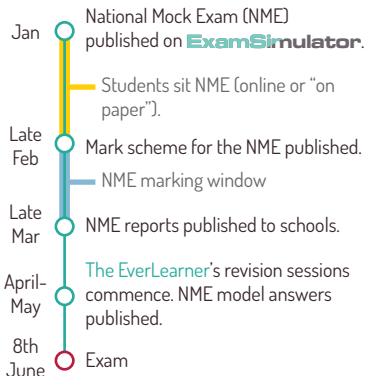
Average marks for all Paper 2s since 2018

Mark allocation

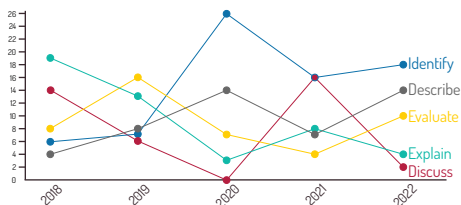


Average marks for all Paper 2s since 2018

Timeline 2023



Marks awarded per skill



Revision tips

- 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**.
- Do plenty of exam practice on **ExamSimulator**.
- Take great notes and learn them!



The EverLearner

OCR A-Level PE 2023 (H555) Paper 2

Date: 8th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

Content preparation

- | | | |
|---|---|---|
| <input type="checkbox"/> I have completed the National Mock Exam paper and have received my diagnostic. | <input type="checkbox"/> Leadership in sport | <input type="checkbox"/> Attribution |
| <input type="checkbox"/> I have OVER-LEARNT all of the most examined topics. | <input type="checkbox"/> Learning theories | <input type="checkbox"/> Arousal |
| <input type="checkbox"/> I have learnt all other specification content in preparation for lower-tariff questions. | <input type="checkbox"/> Memory models | <input type="checkbox"/> Feedback |
| | <input type="checkbox"/> Guidance | <input type="checkbox"/> Classification of skills |
| | <input type="checkbox"/> Confidence and self-efficacy | <input type="checkbox"/> Types and methods of prac. |

Skills preparation

- I am fully aware of the most common command words in the OCR A-Level Paper 2 exam.
- I have OVER-PRACTISED 'Identify'/'Give'/'Complete', 'Describe'/'Outline' and 'Explain' through the National Mock Exam, ExamSimulator and past-paper questions.

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

'Describe'/'Outline'
skill language

'Explain'
skill language

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- I am fully aware that 2-mark questions accumulate the most marks in the OCR A-Level Paper 2 exam.
- I have OVER-PRACTISED 2-mark questions for the OCR A-Level Paper 2 exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the OCR A-Level Paper 2 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. 20 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks.

We recommend the **EIQ** 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.

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

Write your example here.

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OCR A-Level PE 2023 (H555) Paper 3

Date: 20th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

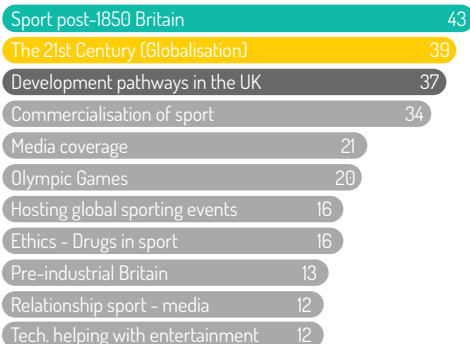
REVISION

Watch our live revision sessions on youtube.com/TheEverLearner



Mon 12th June 15:30-17:00

Most examined topics



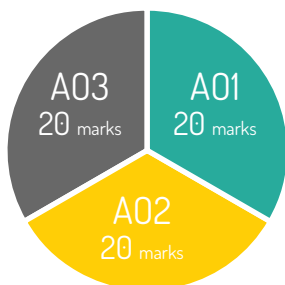
Skills



Total marks for all Paper 3s since 2018

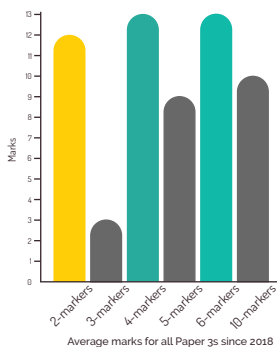
Average marks for all Paper 3s since 2018

A0 coverage



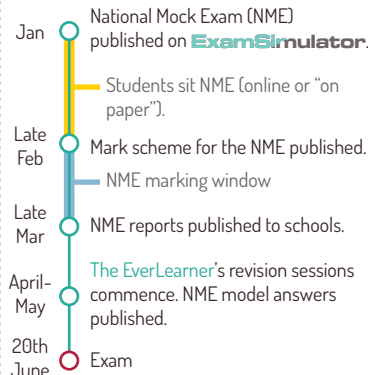
Average marks for all Paper 3s since 2018

Mark allocation



Average marks for all Paper 3s since 2018

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**.
- Do plenty of exam practice on **ExamSimulator**.
- Take great notes and learn them!

OCR A-Level PE 2023 (H555) Paper 3

Date: 20th June Time: AM Marks: 60 Length: 60 min Marks per min: 1.00

Content preparation

- I have completed the National Mock Exam paper and have received my diagnostic.
 - I have OVER-LEARNED all of the most examined topics.
 - I have learnt all other specification content in preparation for lower-tariff questions.
- Sport post-1850 Britain
 - The 21st Century (Glob.)
 - Development pathways in UK
 - Commercialisation of sport
 - Media coverage
 - Olympic Games
 - Hosting global sp. events
 - Ethics - Drugs in sport
 - Pre-industrial Britain
 - Relationship sport -the media

Skills preparation

- I am fully aware of the most common command words in the OCR A-Level Paper 3 exam.
- I have OVER-PRACTISED 'Explain', 'Describe'/'Outline' and 'Discuss' through the National Mock Exam, ExamSimulator and past-paper questions.

'Explain'
skill language

'Describe'/'Outline'
skill language

'Discuss'
skill language

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- I am fully aware that 4-mark and 6-mark questions accumulate the most marks in the OCR A-Level Paper 3 exam.
- I have OVER-PRACTISED 4-mark and 6-mark questions for the OCR A-Level Paper 3 exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the OCR A-Level Paper 3 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. 20 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...

One example of someone who influenced the Olympic movement is **Pierre de Coubertin**.

One reason a player might become violent is **frustration at a referee**.

What to do...

Pierre de Coubertin influenced the Olympic movement by **studying elite English public schools and meeting with people like Dr Brooks** which inspired him to recreate an Olympic festival in Athens in **1896**.

Write your example here.

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