OCR A-Level PE 2024 (H555) Paper 1

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

REVISION

Watch our live revision sessions on youtube.com/TheEverLearner

▶ **YouTube**

Mon 29th April 15:00

Most examined topics

Topic	
Responding to injuries and medical conditions	41
Projectile motion	36
Analysis of movement	29
Recovery process and EPOC	26
Mechanics of breathing	21
Linear motion	21
Blood redistribution and venous return	19
Angular motion	18
Newton's laws	17
Energy continuum	16
Ergogenic aids – Nutritional	16
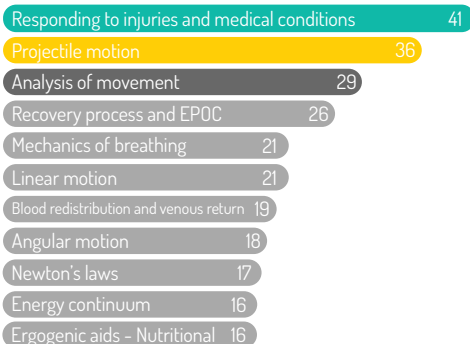
Total marks for all Paper 1s since 2018

Skills

Skill	Marks
EXPLAIN	23 Marks
DESCRIBE OUTLINE	20 Marks
EVALUATE	19 Marks
IDENTIFY STATE NAME COMPLETE	12 Marks
ANALYSE	7 Marks
CALCULATE	3 Marks
DEFINE	3 Marks
ILLUSTRATE	2 Mark

Average marks for all Paper 1s since 2018

AO coverage

A03 — 21 marks
A01 — 34 marks
A02 — 36 marks
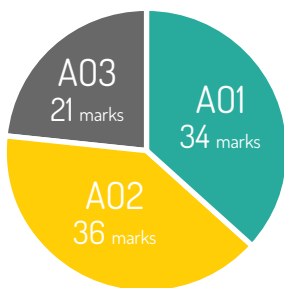
Average marks for all Paper 1s since 2018

Mark allocation

1-markers, 2-markers, 3-markers, 4-markers, 5-markers, 6-markers, 20-markers
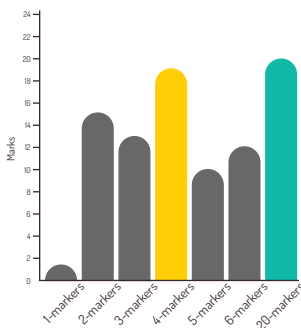
Average marks for all Paper 1s since 2018

Timeline 2024

Jan	National Mock Exam (NME) published on **ExamSimulator**.
	Students sit NME (online or "on paper").
Early Mar	Mark scheme for the NME published.
15th April	NME reports published to schools.
April	The EverLearner's revision sessions commence. NME model answers published.
24th May	Exam

Marks awarded per skill

Describe
Explain
Evaluate
Analyse
Identify

2018 2019 2020 2021 2022 2023
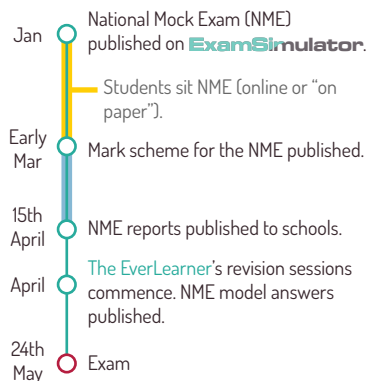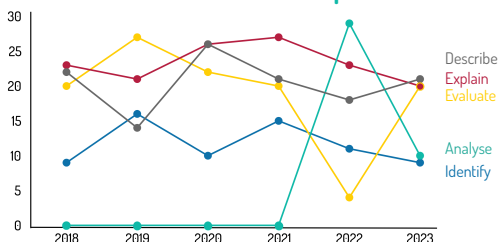
Revision tips

- Use the tutorials, quizzing and testing on The EverLearner.
- Sit the National Mock Exam with your teacher and review with the 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!

The EverLearner

OCR A-Level PE 2024 (H555) Paper 1

Date: **24th May**   Time: **AM** 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
- Mechanics of breathing
- Linear motion
- Blood redistribution
- Angular motion
- Newton's laws
- Energy continuum
- Ergogenic aids

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

- [ ] I am fully aware that 20-mark questions accumulate the most marks in the OCR A-Level Paper 1 exam.
- [ ] I have OVER-PRACTISED 20-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 pieces for the OCR A-Level Paper 1 exam.
- [ ] I have practised all National Mock Exam, ExamSimulator and past paper examples of extended-writing.

Practical examples (AO2)

Being able to make AO2 applications to movement and performance examples is a critical feature of success in this paper. 36 marks come from AO2 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...	What to do...
A sprinter would use protein when they do a weights session.	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.