



Revision 2025

OCR A-Level PE Paper 1 Student Notes

spotlight session

Recommended



**Before the revision
session**

Complete the 2025
National Mock Exam

Essential



**During the revision
session**

Complete the notes

Recommended



**After the revision
session**

Review with your
teacher



The EverLearner

Hot Topic 10: Glycolytic system

2. The glycolytic system is the most beneficial energy system to a 200m swimmer.

Justify this statement.

200m swimming is _____, although not as high as 50m sprints, say. 200m swimming is _____. The glycolytic is well suited to this activity because it _____ and has all _____. Moreover, because the ATP-PC system _____ swim. This means that the glycolytic system powers the majority of the swim and definitely the _____. Let's say from 25-200m.

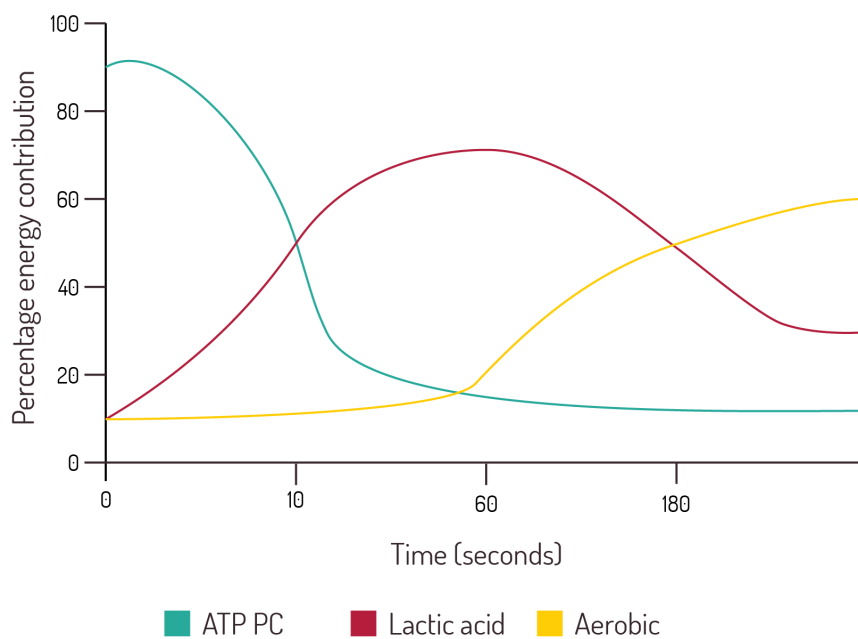
Marks: [6]

Interplay of energy systems during intermittent exercise			
Factor	ATP/PC	Glycolytic	Aerobic
Intensity	Very high intensity/Maximal	High intensity	Moderate intensity
Duration	Up to 10s duration	Up to 120s duration	Up to 2 hours duration
Recovery periods	<ul style="list-style-type: none"> • 50% recovery in 30s • 100% recovery in 2-3 minutes • Work relief ratio: 1:3+ 	<ul style="list-style-type: none"> • 5 minutes recovery • Work relief ratio: 1:2 	<ul style="list-style-type: none"> • No recovery other than repaying O₂ deficit created by anaerobic work • Work relief ratio: 1:1 or less
Fitness level			

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Glycolytic / Lactic acid system	
Fuel source	
Controlling enzyme	
Yield	
By products	
Type of reaction	

Glycolytic / Lactic acid system evaluation	
Strengths	Weaknesses

VIDEO TUTORIALS

ONLINE RETRIEVAL QUIZZING

INSTANT FEEDBACK

EXAM QUESTIONS

EXAM STATS

LIVE DATA



Hot Topic 9: Magnus force - Applied to backspin

6. Table tennis players often use backspin when they are out of position during a rally. Explain how they achieve this.

By applying an _____
_____. This causes the ball to _____.
As it spins, it carries a _____ due to the relatively rough
surface. Airflow below the ball _____
_____. This causes a _____ the ball. Above the ball,
_____ and this causes a
_____. A _____ is created by high
pressure below and low pressure above and a _____ occurs.

Marks: [5]

DID YOU KNOW

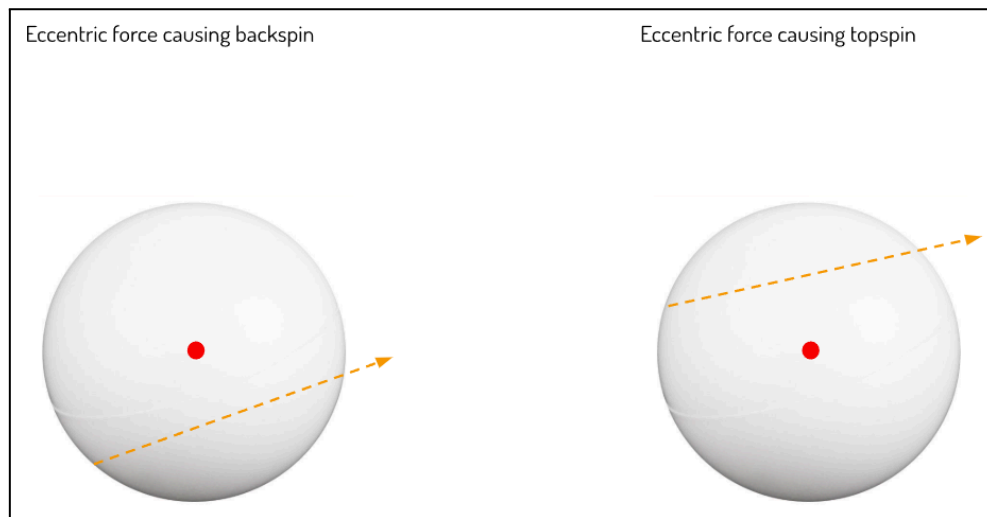


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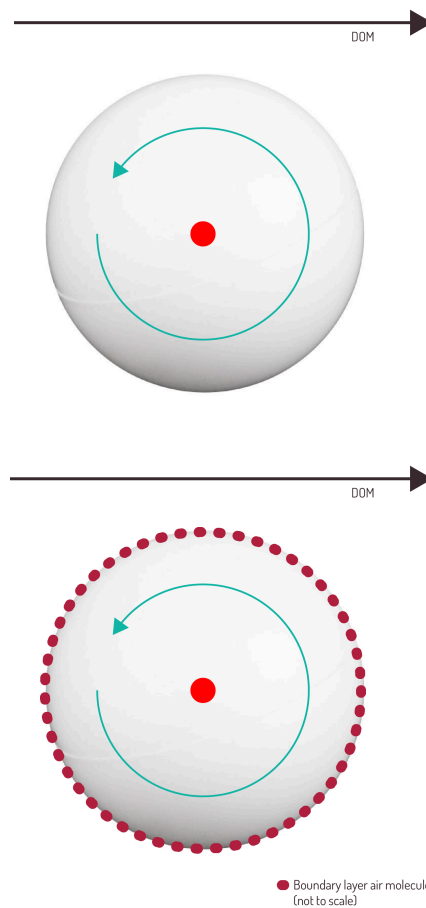
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Backspin:



Hot Topic 4: Responding to injuries and medical conditions

3. Look closely at this image.

Explain why the active stage of SALTAPS comes before the passive stage when recovering from an injury.

Stop / see

Ask

Look

Touch

Active movement

Passive movement

Stand up

Active is the injured person _____, so needs to come before the passive part, as this is the first aider _____.

Marks: [2]

S

See

A

Ask

L

Look

T

Touch

A

Active

P

Passive

S

Strength

P

Protection

R

Rest

I

Ice

C

Compression

E

Elevation

Recognise

Remove

Refer

R

Recover

Return



Treatment of injuries					
Simple fractures	Stress fractures	Dislocation	Sprain	Torn cartilage	Exercise-induced muscle damage
<ul style="list-style-type: none"> • Call for medical attention • Isolate injured body part • Immobilise • Apply ice if pain allows • Provide pain relief/anti-inflammatories if appropriate 	<ul style="list-style-type: none"> • Notice signs • Seek x-ray and confirmation • Apply ice • Complete rest • Non-weight bearing activity 	<ul style="list-style-type: none"> • Call for medical attention • Immobilise • Do not attempt to relocate • Apply ice if pain allows • Provide pain relief/anti-inflammatories if appropriate 	<ul style="list-style-type: none"> • Immobilise • Painkillers or anti-inflammatories • Apply PRICE • Strap/brace the joint • Return to movement gradually beginning with non-dynamic activity • Only return to dynamic movement after full recovery 	<ul style="list-style-type: none"> • Reduce movement at the joint • Painkillers or anti-inflammatories • Apply PRICE • Strap/brace the joint • Seek medical advice/scan • Surgery to repair the tissue • No blood supply so will not heal itself • Monitor over time to identify signs of arthritis 	<ul style="list-style-type: none"> • Stop activity • Painkillers or anti-inflammatories • Apply PRICE • Seek medical advice/scan • Apply hot-cold treatment once healing has begun • Massage • Physiotherapy • Return to movement gradually • Strengthen injured muscle over time



FOR STUDENTS



WANT
MORE?

FOR TEACHERS

