**A Level Physical Education Study Period Guide – Autumn Term 2022**

**This guide is designed to help students with their independent revision for Year 12 PE in their study periods this term.**

**Which topics will you be studying?**

|  |  |  |
| --- | --- | --- |
| **Paper 1** **Applied anatomy and physiology**  | **Paper 2****Skill Acquisition and Sport Psychology** | **Paper 3****Sport in society**  |
| **Joints, muscles and movements****Functional roles of muscles and types of contractions** **Cardiovascular system rest and exercise****Respiratory system rest and exercise****Recovery****Energy for exercise**  | **Stages of Learning****Skill Classification****Practice Methods****Transfer****Memory****Theories of Learning****Guidance** **Feedback** | **Social Factors:*** **Social class**
* **Gender**
* **Education**
* **Law and Order**
* **Availability of time and money**
* **Availability and type of transport**

**In …**1. **Pre-industrial Britain**
2. **Post-industrial Britain**
3. **Nineteenth century Public Schools**
 |

**Which exam board?**

In PE we follow the **OCR** exam board. For a detailed look at the specification click the below link

<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

**What useful revision activities should I be doing?**

* Summarise a lesson in your exercise book using flash cards, or into a mind map.
* Practice exam questions using the banks of questions you have been issued.
* Test a partner using a knowledge organiser you have been given.
* Talk about a concept for one minute without stopping.
* Make a glossary of key terms for each unit of work.
* Write a quiz to test a partner on a key topic we have covered.
* Make a poster labelling the muscles
* Create a timeline for each era with sporting examples for each social factor

**Useful Resources:**

* OCR Student Revision Guide
* Past papers and Mark schemes
* The Bishop Challoner PE Twitter account – **@BCPE**

|  |  |  |
| --- | --- | --- |
| **This terms podcasts** | **This terms documentaries / films** | **This terms useful reading** |
|  | The English Game (Football Netflix series)Tom Browns School Days (YouTube)Chariots of Fire  | BBC sport website Sky sports website |

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| **Paper 1** **Applied anatomy and physiology**  | **Paper 2****Skill Acquisition and Sport Psychology** | **Paper 3****Contemporary Sporting issues** |
| **Biomechanics recap****Diet and Nutrition****Ergogenic aids****Aerobic training** **Strength training** **Flexibility training** **Impact of training and lifestyle disease****Injury prevention and rehabilitation** | **Attitudes****Motivation****Groups and Teams****Leadership****Goal Setting** | **Routes to Sporting Excellence****Modern Technology****Media** |

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|  | The Last DanceAll or NothingAny Given SundayMiracleWhite Men Can’t Jump | BBC sport website Sky sports website |