**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 |

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

**This guide is designed to help students with their independent revision for Year 13 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**  **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** |

**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.

**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 Last Dance  All or Nothing  Any Given Sunday  Miracle  White Men Can’t Jump | BBC sport website  Sky sports website |