A LEVEL PE

MOCK EXAMS JANUARY 2021

You will sit three exams for PE in the mocks which will mirror the exams in the summer.

Modules covered:
Paper 1 (30%): 2 Hours – Physiological Factors Affecting Performance, 12th January
Paper 2 (20%): 1 Hour – Psychological Factors Affecting Performance, 19th January
Paper 3 (20%): 1 Hour – Socio-cultural Issues in Physical Activity & Sport, 19th January

Paper	Topics Covered in Mocks	Essay/s
1	Motor units, EPOC & Recovery, warm-up, flexibility, aerobic adaptations, distance graphs/velocity graphs, forces, angular motion, projectiles/flight paths, ergogenic aids, energy systems, movement analyses, technology, Levers, Cardiovascular drift	Mechanics of breathing Ankle Injuries / treatments
2	Guidance, Attributions, Leadership, Stress Management, Reinforcement, Skill Classification, Transfer, Social Learning, Multi-store memory, Attitude, Aggression, Confidence	Arousal Theories & Skills
3	Olympics, Modern Technology, Gambling, Education (Pre-Ind), Literacy (Pre-Ind), Internet/TV and Spectators, Travel (Post-Ind), Law and Order (21st Cent), Class (Ind Rev), Hosting Global events, Golden Triangle, Education and Elite Sport, PEDs	Amateur Vs Professionalism

Y13 Revision

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Resource	Useful for…	Tasks
Revision Book	Ensure that you have solid knowledge base for all topics	Answer the questions in the book and check your answers
Topics on a page	Summaries of the key knowledge for each topic	Compile your own mind maps of key knowledge
Topic Tests	Test your skills of transferring that knowledge effectively to exam answers	Complete after revising a topic. Mark yourself or ask for feedback. Repeat many times
Full Exam Papers	Test your time keeping and exam skills to answer a full paper	Complete in full and under time constraints. Mark yourself or ask for feedback. Repeat many times
Everlearner	Recapping key knowledge and answering AO1 questions	Revision videos, questions and checkpoint summaries