

## HLS A level PE

<i><b>Component</b></i>	<i><b>% of grade</b></i>	<i><b>Type of assessment</b></i>	<i><b>Key information</b></i>
H555/01 Physiological factors affecting performance	30%	2 hour exam (90 marks)	<p><b>Topics included on the paper:</b></p> <ul style="list-style-type: none"> <li>- Applied anatomy and physiology</li> <li>- Exercise physiology</li> <li>- Biomechanics</li> </ul> <p>This paper consists of a mixture of objective response, short and medium length answers, and a graph/data question. There is also a 20-mark synoptic question which will include at least 2 different topics from the H555/01 specification.</p> <p><b>Mock exam: 25<sup>th</sup> January 2023 (AM)</b>  <b>A level exam: 24<sup>th</sup> May 2023 (PM)</b></p>
H555/02 Psychological factors affecting performance	20%	1 hour exam (60 marks)	<p><b>Topics included on the paper:</b></p> <ul style="list-style-type: none"> <li>- Skill acquisition</li> <li>- Sports psychology</li> </ul> <p>This paper consists of a mixture of objective response, short and medium length answers, and a graph/data question. There is also a 10-mark synoptic question which will include at least 2 different topics from the H555/02 specification.</p> <p><b>Mock exam: 27<sup>th</sup> January 2023 (PM).</b>  <b>GCSE exam: 8<sup>th</sup> June 2023 (AM)</b></p>
H555/03 Socio-cultural issues in physical activity and sport	20%	1 hour exam (60 marks)	<p><b>Topics included on the paper:</b></p> <ul style="list-style-type: none"> <li>- Sport and society</li> <li>- Contemporary issues in physical activity and sport</li> </ul> <p>This paper consists of a mixture of objective response, short and medium length answers, and a graph/data question. There is also a 10-mark synoptic question which will include at least 2 different topics from the H555/03 specification.</p>

			<b>Mock exam: 31<sup>st</sup> January 2023 (AM)</b> <b>A level exam: 20<sup>th</sup> June 2023 (AM)</b>
H555/05 Practical performances	15%	Practical performance  1 sport  (30 marks)	<p>All <b>video footage</b> of practical activity needs to be uploaded to GC or given to Miss Chinn by <b>3<sup>rd</sup> March 2023</b>.</p> <p>The performer must be <b>clearly identifiable</b> in the video footage; the performer could introduce themselves before the game commences. The camera should show their <b>performance to the full</b>. Where possible, <b>alternative camera angels</b> should be used.</p> <p>Video footage MUST include:</p> <ul style="list-style-type: none"> <li>- all <b>core skills in isolation</b>/drill situations</li> <li>- all <b>advanced skills in isolation</b>/drill situations</li> <li>- a <b>number of full competitive situations</b></li> </ul> <p><b>Competitive logs</b> completed and handed to Miss Chinn by <b>3<sup>rd</sup> March 2023</b>.</p> <p>Some pupils will be called to a <b>moderation day by OCR at the end of April/start of May</b>. A letter will be sent out with arrangements for this closer to the time.</p>
H555/06 Evaluation and Analysis of Performance	15%	Controlled assessment  (30 marks)	<p>All A level lessons from <b>6<sup>th</sup> February 2023</b> onwards will be preparing pupils for the EAPI.</p> <p>Their actual EAPI will be completed week beginning <b>20<sup>th</sup> March 2023</b>.</p>

How do I revise?	How do I know what to revise?
<ul style="list-style-type: none"> <li>- Use your folders for each component.</li> <li>- Use your <b>flash cards</b> that you have already created.</li> <li>- Create <b>flash cards</b> – question one side and answer the other. Create 2 piles – one with flash cards that you got correct and one with flash cards that you got wrong. Keep on going over the ones you didn't get correct.</li> <li>- <b>Use mark schemes</b> to revise. Print all of the mark schemes off you have access to. Group them into topics and use this to revise!</li> <li>- Use your <b>booklets</b>.</li> <li>- Use your <b>RAG tests</b> and <b>EOT tests</b>. Re-attempt some questions.</li> <li>- <b>Practice exam questions</b>: you will be given exam questions grouped by topic. Attempt them and then use the mark schemes to mark them yourself.</li> <li>- Create <b>quizzes</b> for yourself.</li> <li>- Create your <b>own exam questions</b> similar to those you have already practiced – can you <b>create a mark scheme</b>?</li> <li>- Create a <b>poster for each topic</b> with <b>all three assessment objectives</b> covered! If the topic was to come up as a synoptic, could you get AO1 (knowledge and understanding), AO2 (examples and explanation) and AO3 (development and evaluation) in?</li> <li>- <b>Alternate which component you are revising!</b></li> </ul>	<ul style="list-style-type: none"> <li>- Your <b>folders have all of the information</b> in them for each topic.</li> <li>- Use <b>your progress tracker to identify topics of weakness</b> that you need to revise more!</li> <li>- Go through your <b>6 quick questions booklet</b>. This is similar to section A of the papers. What knowledge are you struggling to retrieve? This is where you need to structure your revision.</li> <li>- Look at your <b>FOT</b> from end of topics and mocks. <b>Is there a certain type of questions you need to practice more?</b> For example, do you need to practice evaluate, graph or synoptic questions?</li> </ul>