

HLS A level PE

<i>Component</i>	<i>% of grade</i>	<i>Type of assessment</i>	<i>Key information</i>
H555/01 Physiological factors affecting performance	30%	2 hour exam (90 marks)	<p>Topics included on the paper:</p> <ul style="list-style-type: none"> - Applied anatomy and physiology - Exercise physiology - Biomechanics <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>Mock exam: 25th January 2023 (AM) A level exam: 24th May 2023 (PM)</p>
H555/02 Psychological factors affecting performance	20%	1 hour exam (60 marks)	<p>Topics included on the paper:</p> <ul style="list-style-type: none"> - Skill acquisition - Sports psychology <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>Mock exam: 27th January 2023 (PM). GCSE exam: 8th June 2023 (AM)</p>
H555/03 Socio-cultural issues in physical activity and sport	20%	1 hour exam (60 marks)	<p>Topics included on the paper:</p> <ul style="list-style-type: none"> - Sport and society - Contemporary issues in physical activity and sport <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>

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

How do I revise?	How do I know what to revise?
<ul style="list-style-type: none"> - Use your folders for each component. - Use your flash cards that you have already created. - Create flash cards – 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. - Use mark schemes to revise. Print all of the mark schemes off you have access to. Group them into topics and use this to revise! - Use your booklets. - Use your RAG tests and EOT tests. Re-attempt some questions. - Practice exam questions: you will be given exam questions grouped by topic. Attempt them and then use the mark schemes to mark them yourself. - Create quizzes for yourself. - Create your own exam questions similar to those you have already practiced – can you create a mark scheme? - Create a poster for each topic with all three assessment objectives 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? - Alternate which component you are revising! 	<ul style="list-style-type: none"> - Your folders have all of the information in them for each topic. - Use your progress tracker to identify topics of weakness that you need to revise more! - Go through your 6 quick questions booklet. 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. - Look at your FOT from end of topics and mocks. Is there a certain type of questions you need to practice more? For example, do you need to practice evaluate, graph or synoptic questions?