

Year 13 assessment checklist

Year 12 content

Subject: A-level PE		Paper : 1 (EH) YR13	Duration:
What to revise		How to revise it Revision Guide is My Revision Notes – OCT A Level PE by Kerri Moorhouse ISBN 978-1-5104-0521-9	
EH	Joints movements and muscles	Revision Guide Pg6-13 Everlearner https://www.youtube.com/watch?v=rDGqkMHPDqE&t=443s&index=2&list=PLMfmZR7RDbIEv4M9NtZD5oN5YzmbN3IFu https://www.youtube.com/watch?v=1UHLY8L7eSs https://www.youtube.com/watch?v=zRVNHdxRw00 https://www.youtube.com/watch?v=7egSZwzuYRs	
EH	Functional roles and contractions (Antagonistic Pairs/Types of Contraction)	Revision Guide Pg8-13 Everlearner https://www.youtube.com/watch?v=Ktv-CaOt6UQ https://www.youtube.com/watch?v=IPMI49wr6pg&index=2&list=PLMfmZR7RDbIEv4M9NtZD5oN5YzmbN3IFu https://www.youtube.com/watch?v=l80Xx7pA9hQ	
EH	Analysis of movement	Revision Guide Pg8-13 All of the Above links Everlearner https://www.youtube.com/watch?v=5YcNAPzDxDg	
EH	Skeletal muscle contraction (Motor Unit)	Revision Guide Pg15 Everlearner https://www.youtube.com/watch?v=T00U5IMWAWQ	
EH	Muscle fibre applied	Revision Guide P16-17 Everlearner https://www.youtube.com/watch?v=Ktv-CaOt6UQ https://www.youtube.com/watch?v=l80Xx7pA9hQ	
EH	CV system at rest and during exercise	Revision Guide Pg19-26 Everlearner https://www.youtube.com/watch?v=X9ZZ6tcxArl https://www.youtube.com/watch?v=V633r0Lo-ohhttps://www.youtube.com/watch?v=v43ej5lCeBo&t=418s https://www.youtube.com/watch?v=VMwa6yC3r-s https://www.youtube.com/watch?v=whtNDBlhczQ https://www.youtube.com/watch?v=HQWlcSp9Sls https://www.youtube.com/watch?v=Lsz2oEWbNmQ https://www.youtube.com/watch?v=fZT9vIbL2uA https://www.youtube.com/watch?v=T4x7-2HKtJO&list=PLMfmZR7RDbIEv4M9NtZD5oN5YzmbN3IFu&index=4 https://www.youtube.com/watch?v=V633r0Lo-o	

		https://www.youtube.com/watch?v=OLGy1a3w08s https://www.youtube.com/watch?v= AXQnM-jai0
EH	Respiratory system at rest during exercise	Revision Guide Pg27-33 Everlearner https://www.youtube.com/watch?v=bHZsvBdUC2I https://www.youtube.com/watch?v=uYm4I_alVV0
EH	Newton's Laws	Revision Guide Pg84 Everlearner https://www.youtube.com/watch?v=kKKM8Y-u7ds https://www.youtube.com/watch?v=JGO_zDWmkvk
EH	Force	Revision Guide Pg85-89 Everlearner https://www.youtube.com/watch?v=XMzh37kwnV4
EH	Levers	Revision Guide Pg90-91 Everlearner https://www.youtube.com/watch?v=eTa2EFd3JF0
LB	Diet and Nutrition	Revision Guide pg 44-47 https://www.youtube.com/watch?v=M2z78d2nfl4 https://www.youtube.com/watch?v=7GBo_pdMJ44&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=2 https://www.youtube.com/watch?v=jCpJa9LCPi8&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=4
LB	Ergogenic Aids	Revision Guide pg 48-53 https://www.youtube.com/watch?v=0edpy67dT5U&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=7 https://www.youtube.com/watch?v=NI5stMzN4t8&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=3
LB	Training principles Training cycles	https://www.youtube.com/watch?v=prlyDNPYLJM&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=18 https://www.youtube.com/watch?v=jx_GvrBZR4w Revision guide pg 54-56
LB	Aerobic training	Revision Guide pg 57-60 https://www.youtube.com/watch?v=y-QTWsllKsk&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=8 https://www.youtube.com/watch?v=sWvsXTkKGq0&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=11
LB	Strength training	Revision Guide pg 63-66 https://www.youtube.com/watch?v=rz_1xd2mcpG&index=12&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET https://www.youtube.com/watch?v=hZuWfvp3vgo&index=13&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET
LB	Flexibility training	Revision Guide pg 68-71 https://www.youtube.com/watch?v=BCzCjbxV0&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=17 https://www.youtube.com/watch?v=BT2DNM2jSvo&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=19 https://www.youtube.com/watch?v=Sckf1aH2NZ8&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=20
LB	Training Adaptations	Revision Guide pg 61-63, 67-68, 72 https://www.youtube.com/watch?v=Gya9ptpXrV4&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=10

		https://www.youtube.com/watch?v=ljuYfZCo4EI&index=15&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET https://www.youtube.com/watch?v=oJw5hPdbcng&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=16
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What to revise		How to revise it
EH	ATP and energy transfer – Breakdown and resynthesis	Pg 34-35 Revision guide Everlearner https://www.youtube.com/watch?v=S-TE_3iYBCK https://www.youtube.com/watch?v=ZP5SrwGPM-s https://www.youtube.com/results?search_query=atp+biology
EH	Energy systems – ATP-PC, Lactic Acid/Glycolytic, Aerobic systems. Type, chemical, site, fuel, enzyme, yield, stages and by-products	Pg 34-35 Revision guide Everlearner https://www.youtube.com/watch?v=00jbG_cfGuQ https://www.youtube.com/watch?v=r9SFsWbMO0w https://www.youtube.com/watch?v=TBDSpOnzFAo https://www.youtube.com/watch?v=B_0ttFE-0n4 https://www.youtube.com/watch?v=21CMPAVT7Qs https://www.youtube.com/watch?v=n1WkxG-s_ul https://www.youtube.com/watch?v=8plSKZYtHnl
EH	ATP resynthesis at varied intensities – Energy continuum, interplay of energy systems at varied intensities.	Pg 36-37 Revision guide Everlearner https://www.youtube.com/watch?v=WoKy9P-0BME https://www.youtube.com/watch?v=8eZKP3Q-1FU
EH	Recovery process – EPOC, fast and slow components.	Pg38-39 Revision guide Everlearner https://www.youtube.com/watch?v=Big9sSNjjAs https://www.youtube.com/watch?v=BxJFDYLU50c&list=PLzh4kOin3WAqWKi5bAHRWj6c_IWp_q75x
EH	Altitude – Effects on CV and Resp systems, acclimatisation.	Pg 40-41 Revision guide Everlearner https://www.youtube.com/watch?v=Yh3rjC0jK4U https://www.youtube.com/watch?v=-1MpP3n155o&t=191s https://www.youtube.com/watch?v=xQgYu4p1hvc https://www.youtube.com/watch?v=KUPNCBQw4o0
EH	Exercise in the heat – Effects on CV and Resp systems, temperature and CV drift.	Pg 41-43 Revision guide Everlearner https://www.youtube.com/watch?v=IWDUZq0VvXk https://www.youtube.com/watch?v=cT8RhaNjd0E
EH	Linear motion - definition, descriptors, graphs.	Pg 93-95 revision guide Everlearner https://www.youtube.com/watch?v=t1EKq_wG5gA
EH	Angular motion - definition, axes of rotation, descriptors, factors affecting MI, conservation of angular momentum, graphs,.	Pg 96-99 revision guide Everlearner https://www.youtube.com/watch?v=MrR55iI9OcA&list=PLfZXR9o5-oI5k6oipxleqmZl2Ydmm7liD https://www.youtube.com/watch?v=TtfeGra9Ds https://www.youtube.com/watch?v=QubrJC55g0E

EH	Fluid mechanics Factors affecting drag and air resistance	Pg 100 revision guide Everlearner https://www.youtube.com/watch?v=Dau_deSJYzA
EH	Projectile motion- definition, factors affecting horizontal distance, flight paths, free body diagrams, parallelogram of forces, lift and the Bernoulli principle, Spin and the Magnus Force	Pg100-107 revision guide Everlearner https://www.youtube.com/watch?v=0ISx0445xXc https://www.youtube.com/watch?v=23f1jvGUWJs https://www.youtube.com/watch?v=9j22mlq9f-c

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

Past papers: Accessible via Teams