

Independent Study Activities – A Level Physical Education

Exam Preparation (Model Answers and Common Mistakes) – Paper 1 (Physiological Factors Affecting Performance)

Using the student guide book titled 'Component 1 Physiological Factors Affecting Performance' go through the individual topic areas and attempt the exam questions. Then go through and compare against the model answer and common mistakes. Attempt the questions again to consolidate this learning.

Exam Preparation (Model Answers and Common Mistakes) – Paper 2 (Psychological Factors Affecting Performance)

Using the student guide book titled 'Component 2 Psychological Factors Affecting Performance' go through the individual topic areas and attempt the exam questions. Then go through and compare against the model answer and common mistakes. Attempt the questions again to consolidate this learning.

Exam Preparation (Model Answers and Common Mistakes) – Paper 3 (Socio-Cultural Factors Affecting Performance)

Using the student guide book titled 'Component 3 Socio-Cultural Factors Affecting Performance' go through the individual topic areas and attempt the exam questions. Then go through and compare against the model answer and common mistakes. Attempt the questions again to consolidate this learning.

Revision/Note Taking/Mind Map

Using the revision notes book available to you, select a weaker topic area, or an area that has been directed to you by your teacher, read through the notes in this book and create a mind map using this information. There are then exam questions and mark schemes in this book that would be a great addition to your mind map for revision. This book is different to your text book in lesson and explains the content in a more simplified way that is sometimes easier to understand.

James Morris – OCR examiner video revision links

Listen and watch through the video links below for an area you do not understand fully or that has been directed to you by your teacher. This is a fantastic resource that provides visual and auditory guidance for each topic area:

Paper 1 (Physiological Factors):

<https://youtube.com/playlist?list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>

Paper 2 (Psychological Factors):

Skill Acquisition: https://youtube.com/playlist?list=PLzh4kOin3WArL_EFstlxY3tGb5JkKkFqS

Sports Psychology: <https://youtube.com/playlist?list=PLzh4kOin3WApCmllWemYVJa4t8B-qFnwb>

Paper 3 (Socio-Cultural Factors):

<https://youtube.com/playlist?list=PLzh4kOin3WAr4MDN95xIqAJi36tntmk72>