

Year 13 assessment checklist

Year 12 content

Subject: A-level PE	Paper : 1 (LB and EH) YR12	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 - Specification: https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf - Past papers: Accessible via Teams - Revision World - The Ever Learner	
Joints movements and muscles Shoulder, Elbow, Wrist, Hip, Knee, Ankle, Plane of Movement,	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	
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=I80Xx7pA9hQ	
Analysis of movement Joint type, movement produced, muscles involved and contraction	Revision Guide Pg8-13 All of the Above links Everlearner https://www.youtube.com/watch?v=5YcNAPzDxDg	
Skeletal muscle contraction (Motor Unit)	Revision Guide Pg15 Everlearner https://www.youtube.com/watch?v=T00U5IMWAWQ	
Muscle fibre applied	Revision Guide P16-17 Everlearner https://www.youtube.com/watch?v=Ktv-CaOt6UQ https://www.youtube.com/watch?v=I80Xx7pA9hQ	
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_o https://www.youtube.com/watch?v=v43ej5ICeBo&t=418s https://www.youtube.com/watch?v=VMwa6yC3r-s https://www.youtube.com/watch?v=whtNDBIhcZQ https://www.youtube.com/watch?v=HQWlCSp9SIs https://www.youtube.com/watch?v=Lsz2oEWbNmQ https://www.youtube.com/watch?v=fZT9vIbL2uA https://www.youtube.com/watch?v=T4x7-2HKtJ0&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
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
Newton's Laws	Revision Guide Pg84 Everlearner https://www.youtube.com/watch?v=kKKM8Y-u7ds https://www.youtube.com/watch?v=JGO_zDWmkvk
Force	Revision Guide Pg85-89 Everlearner https://www.youtube.com/watch?v=XMzh37kwnV4
Levers	Revision Guide Pg90-91 Everlearner https://www.youtube.com/watch?v=eTa2EFd3JF0
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
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
Training principles Training cycles	https://www.youtube.com/watch?v=prlyDNPYIJM&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=18 https://www.youtube.com/watch?v=jx_GvrBZR4w Revision guide pg 54-56
Aerobic training	Revision Guide pg 57-60 https://www.youtube.com/watch?v=y-QTWsIIKsk&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=8 https://www.youtube.com/watch?v=sWvsXTkKGq0&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=11
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
Flexibility training	Revision Guide pg 68-71 https://www.youtube.com/watch?v=BCzCjbh-xV0&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
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
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
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=8plSKZYtHnI
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
Recovery process – EPOC, fast and slow components.	Pg38-39 Revision guide Everlearner https://www.youtube.com/watch?v=Bjg9sSNijAs https://www.youtube.com/watch?v=BxFJDYLU50c&list=PLzh4kOin3WAqWKi5bAHRWj6c_IWp_q75x
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
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
Linear motion - definition, descriptors, graphs.	Pg 93-95 revision guide Everlearner https://www.youtube.com/watch?v=t1EKq_wG5gA
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=MrR55il9OcA&list=PLfZXR9o5-ol5k6oipxleqmZl2Ydmm7liD https://www.youtube.com/watch?v=TtfeGra9Ds https://www.youtube.com/watch?v=QubrJC55g0E
Fluid mechanics Factors affecting drag and air resistance	Pg 100 revision guide Everlearner https://www.youtube.com/watch?v=Dau_deSJYzA

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
Acute and Chronic Injuries – Hard and soft tissue injuries from sudden or continuous stress on the body.	Pg74-77 revision guide The Everlearner https://ocramedhealth.com/f/acute-vs-chronic-injuries https://www.youtube.com/watch?v=4SBsrmJCJLA
Injury Prevention – Intrinsic and extrinsic risk factors – warm up?	Pg78-79 revision guide The Everlearner https://www.youtube.com/watch?v=uTAg2DwlqZI https://www.youtube.com/watch?v=0YqZtYkL3E
Responding to injuries and medical conditions in a sporting context – SALTAPS, PRICE, 6 Rs	Pg80-81 revision guide The Everlearner https://www.youtube.com/watch?v=P3Xk4DKIFbA https://www.youtube.com/watch?v=DPht1n31rSI https://www.world.rugby/the-game/player-welfare/medical/concussion/recognise-and-remove https://www.sportsmd.com/acute-sports-injury-treatment-using-p-r-c-e-principle/
Rehabilitation of Injury – treatment for common sporting injuries, fractures, dislocation, cartilage etc	Pg82-83 revision guide The Everlearner https://www.youtube.com/watch?v=Fa8JaFFq53E https://www.youtube.com/watch?v=LUcD5p3M7Bg