

PHYSICAL EDUCATION

Student: _____

Target grade:

Current grade:

Paper 1:

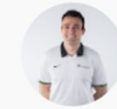
Paper 3:

Paper 2:

NEA:

Extra support available

- YouTube— James Morris



James Morris
12.1K subscribers

- Y13 After School Revision TBC
- Ashby Virtual School

Specification

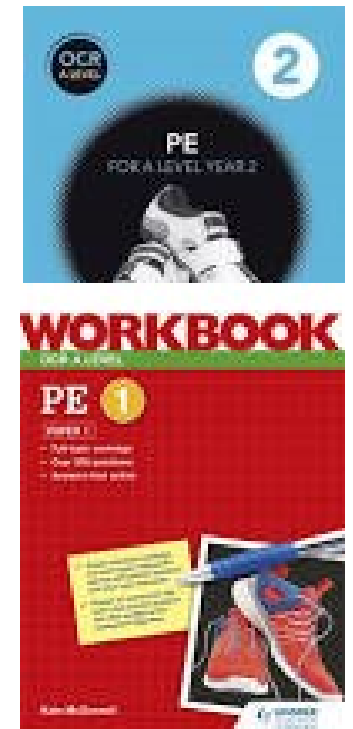
<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

Key dates

H555/01 Physiological factors affecting performance
2 hr - Friday 24 May am

H555/02 Psychological factors affecting performance
1 hr - Wednesday 5th June am

H555/03 Socio-cultural issues in physical activity and sport
1 hr - Tue 18th June am





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SOCIAL AND CULTURAL FACTORS Revision Programme 2024

Week starting Monday	Topic	Textbook Pages
25/03	Social and Cultural Factors in PRE-INDUSTRIAL BRITAIN <ul style="list-style-type: none">Gender, Social Class, Law and Order, Availability of time and money, Availability of Transport, Education and LiteracyExamples (Mob Football, Cock Fighting)	Textbook I Pages 220-224
01/04	Social and Cultural Factors in POST-INDUSTRIAL BRITAIN <ul style="list-style-type: none">Gender, Social Class, Law and Order, Availability of time and money, Availability of Transport, Education and LiteracyImpact of the Industrial RevolutionThe influence of Public Schools	Textbook I Pages 225-231
08/04	Social and Cultural Factors in 20TH CENTURY BRITAIN <ul style="list-style-type: none">Gender, Social Class, Law and Order, Availability of time and money, Availability of Transport, Education and Literacy	Textbook I Pages 232-237
15/04	Social and Cultural Factors in 21ST CENTURY BRITAIN <ul style="list-style-type: none">Gender, Social Class, Law and Order, Availability of time and money, Availability of Transport, Education and Literacy	Textbook I Pages 238-245
22/04	GLOBALISATION AND MEDIA <ul style="list-style-type: none">Globalisation case studiesFreedom of MovementGolden Triangle	Textbook I Pages 246-251



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Week starting Monday	Topic	Textbook Pages
01/04	THE MODERN OLYMPICS <ul style="list-style-type: none"> • Background • Case Studies (Berlin 1936, Mexico City 1968, Munich 1972, Moscow 1980, LA, 1984) • Hosting Global Sporting Events 	Textbook 1 Pages 252-267
06/05	ETHICS AND DEVIANCE <ul style="list-style-type: none"> • Drugs and Doping 	Textbook 2 Page 158-175
13/05	COMMERCIALISATION AND MEDIA <ul style="list-style-type: none"> • positive and negative impacts of the commercialisation of physical • coverage of sport by the media today and reasons for changes since • positive and negative effects of the media on sport • relationship between sport and the media • sport as a commodity 	Textbook 2 Pages 176-185
20/05	ROUTES TO SPORTING EXCELLENCE <ul style="list-style-type: none"> • World Class Programme 	Textbook 2 Pages 186-197
27/05	MODERN TECHNOLOGY <ul style="list-style-type: none"> • Examples • Impacts on activity, fair outcomes and entertainment 	Textbook 2 Pages 198-207
05/06	RECAP AS 6.1 and 6.2	
12/06	RECAP AS 6.3 and A2 6.1	
12/06	RECAP A2 6.2, 6.3 and 6.4	

PHYSIOLOGICAL FACTORS Revision Programme 2024

Week starting Monday	Topic	Textbook Pages
04/03	Skeletal & Muscular Systems <ul style="list-style-type: none"> • Joints, movements, muscles & planes of movement • <i>Functional roles of muscles & types of contraction</i> • <i>Skeletal muscle contraction (how it contracts)</i> • <i>Muscle fibre types</i> 	Textbook 1 Pages 2-26
11/03	Diet & Nutrition Ergogenic Aids	Textbook 1 Pages 62-81
18/03	BIOMECHANICS 1 <ul style="list-style-type: none"> • Newton's Laws • Force & Stability • Levers • <i>Analysis through use of technology</i> 	Textbook 1 Pages 118-143
25/03	ATP & Energy Systems & Energy Continuum Recovery Process	Textbook 2 Pages 2-23
01/04	Injury	Textbook 2 Pages 34-69
08/04	BIOMECHANICS 2 <ul style="list-style-type: none"> • Linear & angular motion • <i>Fluid mechanics</i> • <i>Projectile motion</i> 	Textbook 2 Pages 70-111



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Week starting Monday	Topic	Textbook Pages
15/04	Cardiovascular System <ul style="list-style-type: none">• HR/SV/Q (<i>at rest & during exercise</i>)• Conduction system & cardiac cycle• Redistribution of Q (<i>vascular shunt / VCC</i>)• Mechanisms of VR	Textbook 1 Pages 27-43
22/04	Respiratory System <ul style="list-style-type: none">• f/TV/VE (<i>at rest & during exercise</i>)• Mechanics of breathing (<i>at rest & during exercise</i>)• RCC• Gaseous exchange	Textbook 1 Pages 43-61
29/04	Preparation & Training Methods <ul style="list-style-type: none">• <i>Aerobic / Strength / Flexibility</i>• <i>Principles of training & periodisation</i>• <i>Impact of training on lifestyle diseases</i>	Textbook 1 Pages 82-117
06/05	Exercise At Altitude <i>Exercise In The Heat</i>	Textbook 2 Pages 23-33
13/05	20 Mark Question Practice (All topics) Consolidation of All Topics	
20/05	FINAL EXAM PREPARATION Physiology Exam—Friday 24th May	