

Revision Olympics



A Level Physical Education

Revision Guide
December 2024–May 2025

Exam Specification and General Support

Exam specification and exam board	OCR H555
Past paper questions	12 past papers and mark schemes are at the bottom of this revision Olympics.
Useful revision websites	Ever learner, Zig Zag E-Revision (both links below)
Exam info	

KEY

Paper 1

Paper 2

Paper 3

Y13 Physical Education

Week	Activity 1	Activity 2	Activity 3
<p>1 2.12.24</p>	<p>Create a revision aid for the following topics:</p> <p>Joints, movements and muscles</p> <p>Classification of skills</p> <p>Preindustrial Britain</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>Anatomy and Physiology</p> <p><u>Everlearner A&P video</u></p> <p>Joints, movements and muscles.</p> <p>Functional roles of muscles and types of contraction.</p> <p>Analysis of movement Skeletal muscle contraction.</p> <p>Muscle contraction during exercise of differing intensities and during recovery.</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p><u>Link</u></p>
<p>2 9.12.24</p>	<p>Create a revision aid for the following topics:</p> <p>Role of muscles and the types of contractions</p> <p>Types + methods of practice</p> <p>1850 Post-industrial Britain</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to high light key points.</p>	<p>Skill Acquisition</p> <p>All skill acquisition topics are covered on this <u>video</u></p> <p>Skill classification</p> <p>Stages of learning (Characteristics)</p> <p>Types of practice / Practice conditions</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p><u>Link</u></p>

Y13 Physical Education

Week	Activity 1	Activity 2	Activity 3
<p>3 16.12.24</p>	<p>Create a revision aid for the following topics:</p> <p>Analysis of movement, Skeletal muscle contraction and muscle contraction during exercise</p> <p>Trasfer of skills</p> <p>20th Century Britain</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> Produce revision notes, with all key information. Produce flash cards, with all key information on. Create a mind map containing key information. <p>Don't forget to hight light key points.</p>	<p>Evolution and Emergence of Sport</p> <p>Pre-Industrial Factors - TMTGEL / Social Class</p> <p>Post Industrial Factors - TMTGEL / Social Class / Professional & Amateur / Influence of Public Schools</p> <p>20th Century Factors – TMTGEL / Social Class</p> <p>21st Century Factors – TMTGEL / Social Class</p> <p>Everlearner Video Link</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
<p>XMAS BREAK (week 1)</p>	<p>Create a revision aid for the following topics:</p> <p>Cardiovascular system at rest, during exercise and during recovery</p> <p>Theories of learning</p> <p>Sport in the 21st Century</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> Produce revision notes, with all key information. Produce flash cards, with all key information on. Create a mind map containing key information. <p>Don't forget to hight light key points.</p>	<p>Anatomy and Physiology</p> <p>Everlearner A&P video</p> <p>Joints, movements and muscles</p> <p>Functional roles of muscles and types of contraction</p> <p>Analysis of movement Skeletal muscle contraction</p> <p>Muscle contraction during exercise of differing intensities and during recovery</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>

Y13 Physical Education

Week	Activity 1	Activity 2	Activity 3
<p>XMAS BREAK (week 2)</p>	<p>Create a revision aid for the following topics:</p> <p>Respiratory system at rest, during exercise and during recovery</p> <p>Stages of learning</p> <p>Globalisation of sport</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> Produce revision notes, with all key information. Produce flash cards, with all key information on. Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>Skill Acquisition</p> <p>All skill acquisition topics are covered on this video link</p> <p>Skill classification</p> <p>Stages of learning (Characteristics)</p> <p>Types of practice / Practice conditions</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
<p>4 6.01.25</p>	<p>Create a revision aid for the following topics:</p> <p>Energy systems and ATP resynthesis</p> <p>Guidance</p> <p>The Olympic Games (background, aims and political exploitation)</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> Produce revision notes, with all key information. Produce flash cards, with all key information on. Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>Evolution and Emergence of Sport</p> <p>Pre-Industrial Factors - TMTGEL / Social Class</p> <p>Post Industrial Factors - TMTGEL / Social Class / Professional & Amateur / Influence of Public Schools</p> <p>20th Century Factors – TMTGEL / Social Class</p> <p>21st Century Factors – TMTGEL / Social Class</p> <p>Everlearner Video Link</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>

Y13 Physical Education

Week	Activity 1	Activity 2	Activity 3
<p>5 13.01.25</p>	<p>Create a revision aid for the following topics:</p> <p>The recovery process</p> <p>Feedback</p> <p>Hosting global sporting events</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to hight light key points.</p>	<p>Exercise Physiology</p> <p>Everlearner EX Phys Video</p> <p>Diet and nutrition</p> <p>Ergogenic aids</p> <p>Aerobic training</p> <p>Strength training</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
<p>6 20.01.25</p>	<p>Create a revision aid for the following topics:</p> <p>Exercise at altitude and in the heat</p> <p>Memory models</p> <p>Drug in sport</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to hight light key points.</p>	<p>All sports psychology topics are covered on this video link</p> <p>Sport Psychology</p> <p>Personality</p> <p>Attitudes</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>

Y13 Physical Education

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<p>5 13.01.25</p>	<p>Create a revision aid for the following topics:</p> <p>The recovery process</p> <p>Feedback</p> <p>Hosting global sporting events</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to hight light key points.</p>	<p>Exercise Physiology</p> <p>Everlearner EX Phys Video</p> <p>Diet and nutrition</p> <p>Ergogenic aids</p> <p>Aerobic training</p> <p>Strength training</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
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Y13 Physical Education

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<p>7 27.01.25</p>	<p>Create a revision aid for the following topics:</p> <p>Diet and nutrition</p> <p>Individual differences</p> <p>Violence in sport</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to hight light key points.</p>	<p>Evolution and Emergence of Sport</p> <p>20th Century Factors – TMTGEL / Social Class</p> <p>21st Century Factors – TMTGEL / Social Class</p> <p>Everlearner Video Link</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
<p>8 3.02.25</p>	<p>Create a revision aid for the following topics:</p> <p>Ergogenic aids</p> <p>Group and team dynamics</p> <p>Gambling in sport</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to hight light key points.</p>	<p>Biomechanics</p> <p>Everlearner Biomechanics Video</p> <p>Biomechanical principles</p> <p>Levers</p> <p>Analysing movement through the use of technology</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>

Y13 Physical Education

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<p>9 10.02.25</p>	<p>Create a revision aid for the following topics:</p> <p>Aerobic training and strength training</p> <p>Goal setting</p> <p>Commercialisation</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>Globalisation & Global Sporting Events</p> <p>Globalisation / Freedom of Movement</p> <p>Media Coverage of Sport</p> <p>Everlearner Video Link</p> <p>Globalisation & Global Sporting Events</p> <p>The Modern Olympics / aims / values / BOC / IOC / Paralympics / Political Exploitation of</p> <p>Hosting Global Events / Sporting impacts / Social Impacts / Economic Impacts / Political Impacts</p> <p>Everlearner Video Link</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
<p>10 17.02.25</p>	<p>Create a revision aid for the following topics:</p> <p>Flexibility training and periodisation</p> <p>Attribution</p> <p>The media</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>Commercialisation of Sport</p> <p>Factors leading to commercialisation of sport</p> <p>Spectatorship</p> <p>Positive and negative impacts of sports commercialisation</p> <p>Coverage of sport by the media, positive / negative</p> <p>Relationship between sport and the media</p> <p>Everlearner Video Link</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>

Y13 Physical Education

Week	Activity 1	Activity 2	Activity 3
<p>11 3.03.25</p>	<p>Create a revision aid for the following topics:</p> <p>Newton's Laws and forces and Levers</p> <p>Confidence and self-efficacy</p> <p>Routes to sporting excellence</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>All sports psychology topics are covered on this video link</p> <p>Sport Psychology</p> <p>Personality</p> <p>Attitudes</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
<p>12 10.03.25</p>	<p>Create a revision aid for the following topics:</p> <p>Analysis of movement through technology.</p> <p>Leadership</p> <p>Modern technology in sport</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>Routes to Sporting Excellence</p> <p>From talent identification to Elite Performance</p> <p>The role of UK Sport in developing Elite Sport</p> <p>The role of the NIS in developing Elite Sport</p> <p>Strategies to address drop out or failure rates</p> <p>The role of schools, clubs and universities in elite sporting success</p> <p>Everlearner Video Link</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>

Y13 Physical Education

Week	Activity 1	Activity 2	Activity 3
<p>13 17.03.25</p>	<p>Create a revision aid for the following topics:</p> <p>Newton's Laws and forces and Levers</p> <p>Confidence and self-efficacy</p> <p>Routes to sporting excellence</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>All sports psychology topics are covered on this video link</p> <p>Sport Psychology</p> <p>Personality</p> <p>Attitudes</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>
<p>14 24.03.25</p>	<p>Create a revision aid for the following topics:</p> <p>Linear motion, angular motion and fluid mechanics</p> <p>Stress management</p> <p>Choose one of the following methods to complete this task:</p> <ul style="list-style-type: none"> • Produce revision notes, with all key information. • Produce flash cards, with all key information on. • Create a mind map containing key information. <p>Don't forget to highlight key points.</p>	<p>Biomechanics</p> <p>Everlearner Biomechanics Video</p> <p>Biomechanical principles</p> <p>Levers</p> <p>Analysing movement through the use of technology</p> <p>This link directs you to multiple revision videos to support your understanding. Use the same link in future weeks. You are not expected to watch all the videos on this link in one week!</p>	<p>Zigzag e-revision.</p> <p>Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.</p> <p>Link</p>

Y13 Physical Education

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15 31.03.25	<p>Practice exam paper: Physiological factors affecting performance. Paper one (Nov 2020).</p> <p>https://www.ocr.org.uk/Images/643096-question-paper-physiological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/643100-mark-scheme-physiological-factors-affecting-performance.pdf</p>	<p>Practice exam paper: Socio-cultural issues in physical activity and sport. Paper three (June 2023).</p> <p>https://www.ocr.org.uk/Images/703888-question-paper-socio-cultural-issues-in-physical-activity-and-sport.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/704019-mark-scheme-socio-cultural-issues-in-physical-activity-and-sport.pdf</p>	
EASTER BREAK (week 1)	<p>Practice exam paper: Psychological factors affecting performance. Paper two (Nov 2020).</p> <p>https://www.ocr.org.uk/Images/643097-question-paper-psychological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/643101-mark-scheme-psychological-factors-affecting-performance.pdf</p>	<p>Practice exam paper: Physiological factors affecting performance. Paper one (June 2023).</p> <p>https://www.ocr.org.uk/Images/703886-question-paper-physiological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/704017-mark-scheme-physiological-factors-affecting-performance.pdf</p>	
EASTER BREAK (week 2)	<p>Practice exam paper: Socio-cultural issues in physical activity and sport. Paper three (Nov 2020).</p> <p>https://www.ocr.org.uk/Images/643098-question-paper-socio-cultural-issues-in-physical-activity-and-sport.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/643102-mark-scheme-socio-cultural-issues-in-physical-activity-and-sport.pdf</p>	<p>Practice exam paper: Psychological factors affecting performance. Paper two (June 2023).</p> <p>https://www.ocr.org.uk/Images/703887-question-paper-psychological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/704018-mark-scheme-psychological-factors-affecting-performance.pdf</p>	



Y13 Physical Education

Week	Activity 1	Activity 2	Activity 3
16 21.04.25	<p>Practice exam paper: Physiological factors affecting performance. Paper one (Nov 2021).</p> <p>https://www.ocr.org.uk/Images/666935-question-paper-physiological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/666939-mark-scheme-physiological-factors-affecting-performance.pdf</p>	<p>Practice exam paper: Socio-cultural issues in physical activity and sport. Paper three (June 2022).</p> <p>https://www.ocr.org.uk/Images/676869-question-paper-socio-cultural-issues-in-physical-activity-and-sport.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/677016-mark-scheme-socio-cultural-issues-in-physical-activity-and-sport.pdf</p>	
17 28.04.25	<p>Practice exam paper: Psychological factors affecting performance. Paper two (Nov 2021).</p> <p>https://www.ocr.org.uk/Images/666936-question-paper-psychological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/666940-mark-scheme-psychological-factors-affecting-performance.pdf</p>	<p>Practice exam paper: Physiological factors affecting performance. Paper one (June 2022).</p> <p>https://www.ocr.org.uk/Images/676867-question-paper-physiological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/677014-mark-scheme-physiological-factors-affecting-performance.pdf</p>	
18 5.05.25	<p>Practice exam paper: Socio-cultural issues in physical activity and sport. Paper three (Nov 2021).</p> <p>https://www.ocr.org.uk/Images/666937-question-paper-socio-cultural-issues-in-physical-activity-and-sport.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/666941-mark-scheme-socio-cultural-issues-in-physical-activity-and-sport.pdf</p>	<p>Practice exam paper: Psychological factors affecting performance. Paper two (June 2022).</p> <p>https://www.ocr.org.uk/Images/676868-question-paper-psychological-factors-affecting-performance.pdf</p> <p>Mark Scheme: https://www.ocr.org.uk/Images/677015-mark-scheme-psychological-factors-affecting-performance.pdf</p>	

Y13 Physical Education

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19 12.05.25	<ul style="list-style-type: none"> • Re read revision notes • Any practice papers and mark schemes not yet completed 	Choose the topic you are least familiar with. <ul style="list-style-type: none"> • Read through class notes and high light key points • Re write key points as revision notes or as a mind map • Practice exam questions on this topic. 	
20 19.05.25	Choose the topic you are least familiar with. <ul style="list-style-type: none"> • Read through class notes and high light key points • Re write key points as revision notes or as a mind map • Practice exam questions on this topic. 	<ul style="list-style-type: none"> • Re read revision notes • Any practice papers and mark schemes not yet completed 	