



A-Level PE

Y13 Revision Guide

January – May 2026

Exam Specification and Exam Board	OCR H555
Past Paper Questions	12 past papers and mark schemes are at the bottom of this revision Olympics document.
Useful Revision Websites	Ever learner, Zig Zag E-Revision (links below)
Exam Info	

KEY

Paper 1

Paper 2

Paper 3

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Week	Activity 1	Activity 2
1 05.01.25	Create revision aids which suit your style of learning (revision notes, word banks, flash cards, mind maps) for the topics under applied anatomy and physiology .	E-Revision link Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.
2 12.01.25	Link to past papers and mark schemes Complete June 2024 paper one . Complete without mark schemes.	Link to past papers and mark schemes Using the correct mark scheme: Green pen self-mark. Anything you don't understand ensure you speak to your class teacher about.
3 19.01.25	Create revision aids which suit your style of learning (revision notes, word banks, flash cards, mind maps) for the topics under skill acquisition .	E-Revision link Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.
4 26.01.25	Link to past papers and mark schemes Complete June 2024 paper two . Complete without mark schemes.	Link to past papers and mark schemes Using the correct mark scheme: Green pen self-mark. Anything you don't understand ensure you speak to your class teacher about.

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5 02.02.25	Create revision aids which suit your style of learning (revision notes, word banks, flash cards, mind maps) for the topics under Sport and society	E-Revision link Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.
6 09.02.25	Link to past papers and mark schemes Complete June 2024 paper three . Complete without mark schemes.	Link to past papers and mark schemes Using the correct mark scheme: Green pen self-mark. Anything you don't understand ensure you speak to your class teacher about.
February Half Term	Produce an A3 revision aid comparing the 7 social and cultural factors across the 4 time periods we study.	Create revision aids which suit your style of learning (revision notes, word banks, flash cards, mind maps) for the topics under Exercise Physiology .
7 23.02.25	Create revision aids which suit your style of learning (revision notes, word banks, flash cards, mind maps) for the topics under Sports Psychology	E-Revision link Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.
8 02.03.25	Link to past papers and mark schemes Complete June 2023 paper one . Complete without mark schemes.	Anatomy and Physiology Everlearner A&P video Watch and make notes

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	Then mark using the mark scheme and green pen your work.	
9 09.03.25	Create revision aids which suit your style of learning (revision notes, word banks, flash cards, mind maps) for the topics under Contemporary issues in physical activity and sport .	E-Revision link Complete either a quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.
10 16.03.25	Link to past papers and mark schemes Complete June 2023 paper two . Complete without mark schemes. Then mark using the mark scheme and green pen your work.	Skill Acquisition Everlearner video Watch and make notes
11 23.03.25	Link to past papers and mark schemes Complete June 2023 paper three . Complete without mark schemes. Then mark using the mark scheme and green pen your work.	Evolution and Emergence of Sport Everlearner Video Link Watch and make notes
Easter Break	Link to past papers and mark schemes Complete June 2022 paper one . Complete without mark schemes. Then mark using the mark scheme and green pen your work.	Link to past papers and mark schemes Complete June 2022 paper two . Complete without mark schemes. Then mark using the mark scheme and green pen your work.
12 13.04.25	Link to past papers and mark schemes Complete June 2022 paper three . Complete without mark schemes. Then mark using the mark scheme and green pen your work.	Exercise Physiology Everlearner Video Watch and make notes
13 20.04.25	Create revision aids which suit your style of learning (revision notes, word banks, flash cards,	E-Revision link Complete either a

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	mind maps) for the topics under Biomechanics .	quiz, exam question, gap fill, re-order or multiple choice on the topics you have just produced revision resources for.
14 27.04.25	Link to past papers and mark schemes Complete 2021 paper one . Complete without mark schemes. Then mark using the mark scheme and green pen your work.	20 mark essay question practise
15 04.05.25	Link to past papers and mark schemes Complete 2021 paper two . Complete without mark schemes. Then mark using the mark scheme and green pen your work.	Biomechanics Everlearner Biomechanics Video Watch and make notes
16 11.05.25	Link to past papers and mark schemes Complete 2021 paper three . Complete without mark schemes. Then mark using the mark scheme and green pen your work.	10 mark essay question practise
17 18.05.25	20 mark essay question practise	Routes to Sporting Excellence Everlearner Video Link Watch and make notes
May Half Term	Thorough revision: -Class notes/ work packs -Revision aids created -Past papers and mark schemes	20 mark essay question practise