

A Level PE Resources - Year 11 going into L6

Specification at a glance

<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/specification-at-a-glance/>

Full specification theory

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

Practical Specification (guide to non-exam assessment-coursework and practical)

<https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

The Everlearner (yr 11 into L6)

<https://theeverlearner.com/>

Revision Guide

https://www.amazon.co.uk/My-Revision-Notes-OCR-Level/dp/1510405216/ref=sr_1_2?dchild=1&keywords=ocr+a-level+pe+revision+guide&qid=1587821480&sr=8-2

Topic Exploration Packs

Unit 01 Physiology

<https://www.ocr.org.uk/Images/559837-1.1.a.-skeletal-and-muscular-systems.pptx>

<https://www.ocr.org.uk/Images/559836-1.1.b.-cardiovascular-and-respiratory-systems.pptx>

<https://www.ocr.org.uk/Images/563078-1.1.c.-energy-for-exercise.pptx>

<https://www.ocr.org.uk/Images/563087--1.1.d.-environmental-effects-on-body-systems.pptx>

<https://www.ocr.org.uk/Images/577417-1.3.a.-biomechanical-principles-levers-and-the-use-of-technology.pptx>

<https://www.ocr.org.uk/Images/574513-1.2.a.-diet-and-nutrition-and-their-effect-on-physical-activity-and-performance.pptx>

<https://www.ocr.org.uk/Images/576507-1.2.b.-preparation-and-training-methods.pptx>

<https://www.ocr.org.uk/Images/574514-1.2.c.-injury-prevention-and-the-rehabilitation-of-injury.pptx>

Unit 03 Sport and Society

<https://www.ocr.org.uk/Images/221110-modern-technology-in-sport-learner-activity.doc>

<https://www.ocr.org.uk/Images/570956-3.1-sport-and-society.pptx>

<https://www.ocr.org.uk/Images/570957-3.2-contemporary-issues-in-physical-activity-and-sport.pptx>