

Advice on how to revise:

- 1) Do little and often. 20-30 minute bursts,
- 2) Use the online Kerboodle textbook, purple revision guide, GCSEPods and Seneca that you have access to.
- 3) Study a page, make a revision card/summary poster. Cover it up. Test yourself (see what you can recall).
- 4) Make posters/ highlight key terms. [MAKE IT MEMORABLE](#)
- 5) Tackle past paper questions if there is no mark scheme, hand them to your teacher for marking.

Revision Programme

Come to the lessons having read the relevant pages in the online textbook through Kerboodle (black) **and** the revision guide (purple) and have ready any questions or areas you want to recap. Every little helps.

| Day | Lesson | Topic | Pages | Homework |
|--|-----------------------|--|--|--|
| Weds 20 Jan | P3 | Skills, Goal & Targets. Information Processing, guidance & feedback | 84 – 89 67 - 71 | |
| | P4 | Arousal, Personality, Aggression & Motivation | 90 – 97 72 - 75 | |
| Weds 27 Jan | P3 | Physical, Emotional, Social fitness and Well Being. | 134 – 141 100 - 103 | Question pack 1 Skeletal & Muscular |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | |
| Weds 3 Feb | P3 | Somatotypes & Obesity Nutrition & Hydration | 142 – 149 104 - 109 | Question pack 2 Components of fitness & testing |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | |
| Weds 10 Feb | P3 | Participation groups, spectators and behaviour | 106 – 114, 130 & 131 82 – 84, 90 - 99 | Question pack 3 Physical, Emotional, Social fitness and Well Being. |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | |
| Weds 17 Feb | P3 | Commercialisation, Sponsorship & Technology | 116 – 123 85 - 89 | Question pack 4 Training Methods & Principles of Training |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | |
| FEBRUARY HALF TERM | | | | |
| Weds 24 Feb | P3 | Performance Enhancing Drugs | 125 – 129 91 -98 | |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | Question pack 5 Information processing |
| Weds 3 Mar | P3 | Muscular– Skeletal | 6 – 14 1 - 14 | |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | Question pack 6 PEDs |
| Weds 10 Mar | P3 | Cardio-Respiratory, Types & effects of exercise | 15 – 29 15 - 29 | |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | Question pack 7 Skills |
| Weds 17 Mar | P3 | Movement Analysis Levers, Planes & Axes | 32 – 41 32 - 41 | |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | Question pack 8 Somatotypes |
| Weds 24 Mar | P3 | Components of Fitness & Testing | 44 – 65 44 - 65 | |
| | P4 | Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03 | | Question pack 9 Arousal |
| Fri 2nd Apr Fri 9 th Apr Fri 16 th Apr | EASTER HOLIDAY | | | |

