

**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		
<b>FEBRUARY HALF TERM</b>				
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 <sup>th</sup> Apr Fri 16 <sup>th</sup> Apr	<b>EASTER HOLIDAY</b>			

