

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
Fri 15 th Jan	P3	Skills, Goal & Targets. Information Processing, guidance & feedback	84 – 89 67 - 71	
	P4	Arousal, Personality, Aggression & Motivation	90 – 97 72 - 75	
Fri 22 nd 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		
Fri 29 th Jan	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		
Fri 5 th 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		
Fri 12 th 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		
Fri 19 th Feb	FEBRUARY HALF TERM			
Fri 26 th 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
Fri 5 th Mar	P3	Muscular– Skeletal	6 – 14 1 - 14	
	P4	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 6 PEDs
Fri 12 th 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
Fri 19 th 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
Fri 26 th 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 2 nd Apr Fri 9 th Apr Fri 16 th Apr	EASTER HOLIDAY			

