

Mock Exams

Paper 1 – Tuesday 28 Jan 1.30pm. Anatomy and Physiology, Movement Analysis and Physical Training (Chapters 1,2,3)

Paper 2 – Friday 31 Jan 1.30pm. Sports Psychology, Socio-cultural Influences, Health, Fitness and Well-Being (Chapters 4,5,6)

Moderation Day

TBC - probably in April/May. This only involves 10 randomly selected students.

If you are injured, you need a note from your **Doctor** outlining the issue and why you are unfit to take part.

Summer Exams

Paper 1 – Wednesday 13 May, 1pm. Anatomy and Physiology, Movement Analysis and Physical Training (Chapters 1,2,3)

Paper 2 – Friday 15 May, 1pm. Sports Psychology, Socio-cultural Influences, Health, Fitness and Well-Being (Chapters 4,5,6)

Advice on how to revise:

- 1) Do little and often. 20-30 minute bursts, but once a day.
- 2) Use the revision guide.
- 3) Use the online Kerboodle textbook that you have access to.
- 4) Study a page, make a revision card/summary poster. Cover it up. Test yourself (see what you can recall).
- 5) Make posters/ highlight key terms. **MAKE IT MEMORABLE**
- 6) 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 having summarised the topics on either a poster or a few revision cards. This is your homework. Every little helps.

In lessons with MLD topics will be revised and areas of lower confidence will be covered in detail, with DLW there will be the opportunity to do exam questions. However, you must come to lessons with the relevant revision materials and notes.

Homework will be set on Fridays to be completed for the next Friday, creation of revision resources and completion of other exam questions should also be done as homework.

Day	Lesson	Topic	Pages	Homework
Tues 7 th Jan	P5 - MLD	Skills, Goal & Targets. Information Processing, guidance & feedback	84 – 89 67 - 71	
Fri 10 th Jan	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 1 Skeletal & Muscular
Tues 14 th Jan	P5 - MLD	Arousal, Personality, Aggression & Motivation	90 – 97 72 - 75	
Fri 17 th Jan	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 2 Components of fitness & testing
Tues 21 st Jan	P5 - MLD	Arousal, Personality, Aggression & Motivation	98 – 103 76 - 81	
Fri 24 th Jan	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Revision for Mock Papers
Tues 28 th Jan	Mock Paper 1 – 1.30pm start			
Fri 31 st Jan	Mock Paper 2 – 1.30pm start			

MLD/DLW
GCSE PE KEY DATES

Tues 4th Feb	P5 - MLD	Mock Paper 1 review & analysis Identifications of areas of weakness		
Fri 7th Feb	P5 - DLW	Mock Paper 2 review & analysis Identifications of areas of weakness		Question pack 3 Physical, Emotional, Social fitness and Well Being.
Tues 11th Feb	P5 - MLD	Physical, Emotional, Social fitness and Well Being.	134 – 141 100 - 103	
Fri 14th Feb	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 4 Training Methods & Principles of Training
Tues 18th Feb	FEBRUARY HALF TERM			
Fri 21st Feb				
Tues 25th Feb	P5 - MLD	Somatotypes & Obesity Nutrition & Hydration	142 – 149 104 - 109	
Fri 28th Feb	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 5 Information processing
Tues 3rd Mar	P5 - MLD	Participation groups, spectators and behaviour	106 – 114, 130 & 131 82 – 84, 90 - 99	
Fri 6th Mar	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 6 PEDs
Tues 10th Mar	P5 - MLD	Commercialisation, Sponsorship & Technology	116 – 123 85 - 89	
Fri 13th Mar	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 7 Skills
Tues 17th Mar	P5 - MLD	Performance Enhancing Drugs	125 – 129 91 -98	
Fri 20th Mar	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 8 Somatotypes
Tues 24th Mar	P5 - MLD	Muscular– Skeletal	6 – 14 1 - 14	
Fri 27th Mar	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 9 Arousal
Tues 31st Mar	P5 - MLD	Cardio-Respiratory, Types & effects of exercise	15 – 29 15 - 29	
Friday 3rd Apr	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 10 Cardio – respiratory, levers
Tues 7th Apr	EASTER HOLIDAYS			
Fri 10th Apr				
Tues 14th Apr	EASTER HOLIDAYS			
Fri 17th Apr				
Tues 21st Apr	P5 - MLD	Movement Analysis Levers, Planes & Axes	32 – 41 32 - 41	
Fri 24th Apr	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 11 Commercialisation & Data
Tues 28th Apr	P5 - MLD	Components of Fitness & Testing	44 – 65 44 - 65	
Fri 1st May	P5 - DLW	Exam Questions - Past Paper Practise Applying knowledge to A01, A02 & A03		Question pack 12 Participation Rates
Tues 5th May	P5 - MLD	Training Methods & Principles of Training	66 – 81 66 - 81	
Fri 8th May	MAY DAY BANK HOLIDAY			
Tues 12th May	P5 - MLD	LAST LESSON - STUDENT LED REVISION		
Wed 13th May	Paper 1 Exam – Drop In PE All Day			
Fri 15th May	Paper 2 Exam – Drop In PE All Day			

