

# Independent Study

In PE you should...



## 1. After each lesson

- a) Ensure that you file away your notes in a logical and organised manner (oldest at the front and newest at the back)
- b) Add to your notes – underline/highlight key words, making sure they stand out and are memorable.
- c) Create a revision card for the topics covered in your lesson

## 2. Weekly

Use the workbooks to answer questions on the topics covered and look up the answers online and mark your own work.

## 3. Fortnightly

Create a re-capping revision resource (perhaps on A3 paper) for the topics covered in lessons. Make it memorable.

## 4. Termly

- a) Ensure that your files are kept in a logical and well-organised manner (oldest at the front and newest at the back)
- b) Keep revision cards up to date and in order
- c) Keep revision resources up to date and in order

## 5. Throughout the year

Tackle some exam questions to test your knowledge and critically assess your work using the mark schemes. Aim for two every half term!

Questions can be found, here:

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