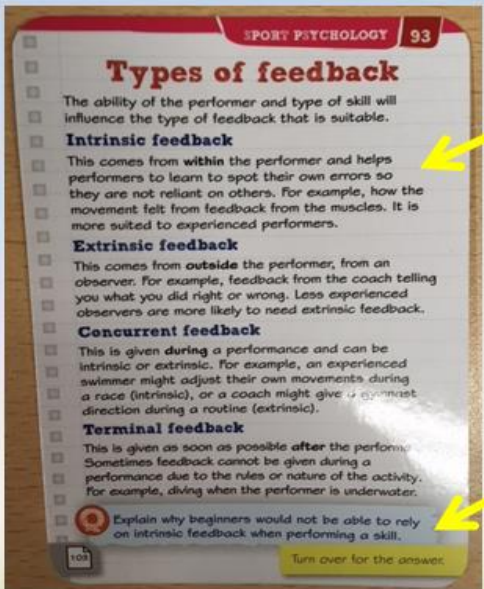


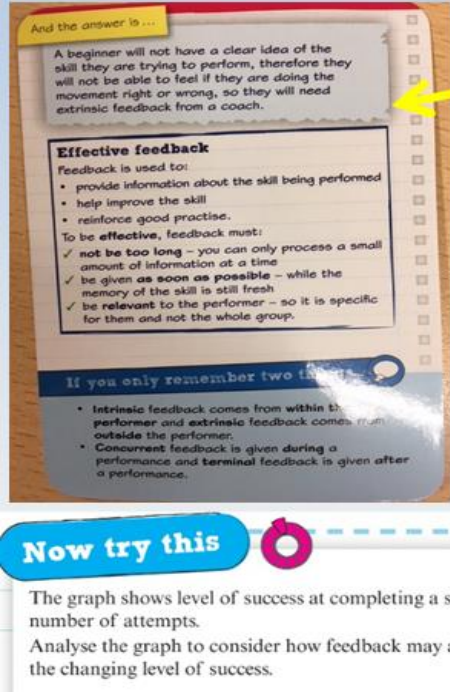
YEAR 10 GCSE P.E MOCK EXAM: (2019) Weekly Revision Planner

How? Follow the topic checklist for your group using the steps below (20/30 minute sessions. 2-3 times per week):



Step 1: READ the revision card or page on the online revision book (page number on bottom left of card), **COVER** and make notes that YOU understand. **CHECK** and add anything you missed in green pen.

Step 2: READ & attempt the quick exam **QUESTION** – remember to highlight key words that will need addressing in your response.



Step 3: Turn over. **CHECK** your answer and make green pen changes if needed. Ask somebody to test you with any question!

Step 4: **TEST YOURSELF**
CHOOSE between:
1. Answer the 'Now try this' from the revision guide (online)
2. Knowledge Drill
3. Exam Workbook

Key resources:

- ✓ Knowledge Drill Workbook
- ✓ Exam Workbook
- ✓ GCSE Bitesize

MR SMITH'S GROUP (10PEG-1) 90 marks – 1 hour 45 mins	MR SCARTH'S GROUP (10PEG-3) 90 marks – 1 hour 45 mins
<ul style="list-style-type: none"> - Topic 1: Anatomy & Physiology [YELLOW] - Topic 3: Physical Training [GREEN] 	<ul style="list-style-type: none"> - Topic 2: Movement Analysis [ORANGE] - Topic 3: Physical Training [GREEN] - Topic 5 : Sport Psychology [BLUE]

MR SMITH 10PEG-1

Week Beginning	Topic Focus:	Flashcards	BBC Bitesize Link	<i>RAG Review:</i> - Do you need to revisit? - Which topic? - When? [Date]
14/1/19	Fitness, Health, Exercise and Performance	27	https://www.bbc.com/bitesize/guides/zxd4wxs/revision/1	
	Cardiovascular Fitness	28		
	Muscular Endurance and Flexibility	29		
	Reaction Time	30		
	Power and Speed	31	https://www.bbc.com/bitesize/guides/zxd4wxs/revision/2	
	Agility	32		
	Balance and Co-ordination	33		
	Body Composition & Strength	34		
	PARQ and Fitness Tests	35	https://www.bbc.com/bitesize/guides/z2r34j6/revision/1	
	Cardiovascular Fitness Tests	36		
	Fitness Tests 1	37	https://www.bbc.com/bitesize/guides/zxd4wxs/revision/3	
	Power and Muscular Endurance Tests	38		
	Interpreting Fitness Test Results	39		
	21/1/19	Progressive Overload	40	
Specificity		41	https://www.bbc.com/bitesize/guides/zxhxnbk/revision/1	
Individual Needs and Overtraining		42	and	
FITT and Reversibility		43	https://www.bbc.com/bitesize/guides/zxhxnbk/revision/3	
Thresholds of Training		44		

			https://www.bbc.com/bitesize/guides/zxhxnbk/revision/2		
	Continuous Training	45	https://www.bbc.com/bitesize/guides/zyqd2p3/revision/2		
	Fartlek Training	46			
	Circuit Training	47			
	Interval Training	48			
	Plyometric Training	49			
	Weight/Resistance Training	50			
	Fitness Classes	51			
	Training Methods: Pros and Cons	52			
	Injury Prevention 1	58		https://www.bbc.com/bitesize/guides/z2r34j6/revision/2	
	Injury Prevention 2	59	https://www.bbc.com/bitesize/guides/z2r34j6/revision/3		
	Fractures, Concussion and Dislocation	60			
	Injuries at Joints and Soft Tissue	61			
	Soft Tissue Injuries and RICE	62			
	Anabolic Steroids	63		https://www.bbc.com/bitesize/guides/z2r34j6/revision/4	
	Beta Blockers	64			
	Diuretics	65			
	Narcotic Analgesics	66			
	Peptide Hormones	67			
	Stimulants	68			
	Blood Doping	69	https://www.bbc.com/bitesize/guides/zyqd2p3/revision/1		
	Warm-Up	70			
	Cool Down	71			
			https://www.bbc.com/bitesize/guides/zq3sbk7/revision/2		
	Functions of the Skeleton	1	https://www.bbc.com/bitesize/guides/zq3sbk7/revision/1		
	Classification of Bones	2			
	Structure of the Skeleton	3			

28/1/19

	Classification of Joints	4	https://www.bbc.com/bitesize/guides/zq3sbk7/revision/3	
	Movement of Joints 1	5	https://www.bbc.com/bitesize/guides/zq3sbk7/revision/4	
	Movement of Joints 2	6		
4/2/19	Ligaments, Tendons and Muscle Types	7	https://www.bbc.com/bitesize/guides/zq3sbk7/revision/5 and https://www.bbc.com/bitesize/guides/zpkr82p/revision/1	
	Muscles	8	https://www.bbc.com/bitesize/guides/zpkr82p/revision/2	
	Antagonistic Muscle Pairs 1 & 2	9	https://www.bbc.com/bitesize/guides/zpkr82p/revision/4	
	Antagonistic Muscle Pairs 3 & 4	10		
	Muscle Fibre Types	11	https://www.bbc.com/bitesize/guides/zpkr82p/revision/1	
	Cardiovascular System 1	12	https://www.bbc.com/bitesize/guides/z9n6sg8/revision/3	
	Cardiovascular System 2	13	https://www.bbc.com/bitesize/guides/z9n6sg8/revision/1	
	Blood Vessels	14	https://www.bbc.com/bitesize/guides/z9n6sg8/revision/2	
	Vascular Shunting	15	https://www.bbc.com/bitesize/guides/z9n6sg8/revision/3	
	Plasma, Platelets and Blood Cells	16	https://www.bbc.com/bitesize/guides/z9n6sg8/revision/2	

MR SCARTH 10PEG-3

Week Beginning	Topic Focus:	Flashcards	BBC Bitesize Link	<i>RAG Review:</i> - Do you need to revisit? - Which topic? - When? [Date]
14/1/19	Fitness, Health, Exercise and Performance	27	https://www.bbc.com/bitesize/guides/zxd4wxs/revision/1	
	Cardiovascular Fitness	28		
	Muscular Endurance and Flexibility	29		
	Reaction Time	30		
	Power and Speed	31	https://www.bbc.com/bitesize/guides/zxd4wxs/revision/2	
	Agility	32		
	Balance and Co-ordination	33		
	Body Composition & Strength	34		
	PARQ and Fitness Tests	35	https://www.bbc.com/bitesize/guides/z2r34j6/revision/1	
	Cardiovascular Fitness Tests	36		
	Fitness Tests 1	37		
	Power and Muscular Endurance Tests	38	https://www.bbc.com/bitesize/guides/zxd4wxs/revision/3	
	Interpreting Fitness Test Results	39		
	21/1/19	Progressive Overload	40	
Specificity		41	https://www.bbc.com/bitesize/guides/zxhxn timer/revision/1	
Individual Needs and Overtraining		42	and	
FITT and Reversibility		43	https://www.bbc.com/bitesize/guides/zxhxn timer/revision/3	

	Thresholds of Training	44	https://www.bbc.com/bitesize/guides/zxhxnbk/revision/2	
	Continuous Training	45	https://www.bbc.com/bitesize/guides/zyqd2p3/revision/2	
	Fartlek Training	46		
	Circuit Training	47		
	Interval Training	48		
	Plyometric Training	49		
	Weight/Resistance Training	50		
	Fitness Classes	51		
	Training Methods: Pros and Cons	52		
28/1/19	Injury Prevention 1	58	https://www.bbc.com/bitesize/guides/z2r34j6/revision/2	
	Injury Prevention 2	59		
	Fractures, Concussion and Dislocation	60	https://www.bbc.com/bitesize/guides/z2r34j6/revision/3	
	Injuries at Joints and Soft Tissue	61		
	Soft Tissue Injuries and RICE	62		
	Anabolic Steroids	63	https://www.bbc.com/bitesize/guides/z2r34j6/revision/4	
	Beta Blockers	64		
	Diuretics	65		
	Narcotic Analgesics	66		
	Peptide Hormones	67		
	Stimulants	68		
	Blood Doping	69	https://www.bbc.com/bitesize/guides/zyqd2p3/revision/1	
	Warm-Up	70		
	Cool Down	71		
	Lever Systems 1	24	https://www.bbc.com/bitesize/guides/zwbfg82/revision/1	
Lever Systems 2	25			

			https://www.bbc.com/bitesize/guides/zwbfg82/revision/2	
	Planes and Axes of Movement	26	https://www.bbc.com/bitesize/guides/zwbfg82/revision/3	
4/2/19	Classification of Skills 1	85	https://www.bbc.com/bitesize/guides/zpd9j6f/revision/1 and https://www.bbc.com/bitesize/guides/zpd9j6f/revision/2	
	Classification of Skills 2	86	https://www.bbc.com/bitesize/guides/zpd9j6f/revision/3 and https://www.bbc.com/bitesize/guides/zpd9j6f/revision/4	
	Massed and Distributed Practice	87	https://www.teachpe.com/sports_psychology/teaching.php	
	Fixed and Variable Practice	88	https://www.bbc.com/bitesize/guides/z3x7tyc/revision/3	
	Values of Goal Setting 1	89	https://www.bbc.com/bitesize/guides/z8byrdm/revision/1	
	Values of Goal Setting 2	90	https://www.bbc.com/bitesize/guides/z8byrdm/revision/2	
	Visual and Verbal Guidance	91	https://www.bbc.com/bitesize/guides/zcp6sg8/revision/1 and https://www.bbc.com/bitesize/guides/zcp6sg8/revision/2	
	Manual and Mechanical Guidance	92	https://www.bbc.com/bitesize/guides/zcp6sg8/revision/3 and https://www.bbc.com/bitesize/guides/zcp6sg8/revision/4	

	Types of Feedback	93	https://www.bbc.com/bitesize/guides/zcshycw/revision/1 and https://www.bbc.com/bitesize/guides/zcshycw/revision/2	
	Mental Rehearsal	94	https://www.bbc.com/bitesize/guides/zs2jxsg/revision/3 and https://www.bbc.com/bitesize/guides/zs2jxsg/revision/4	