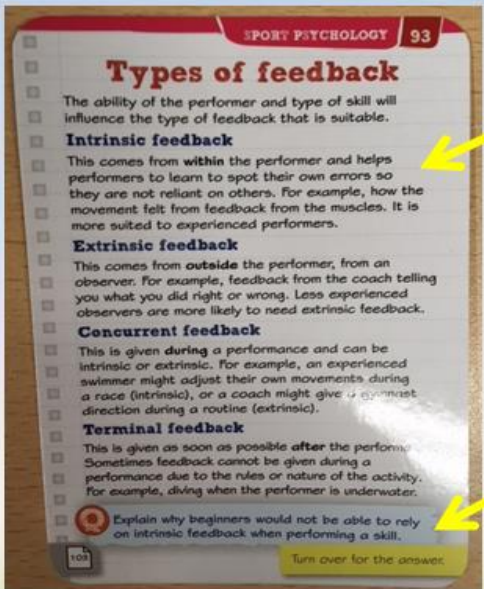


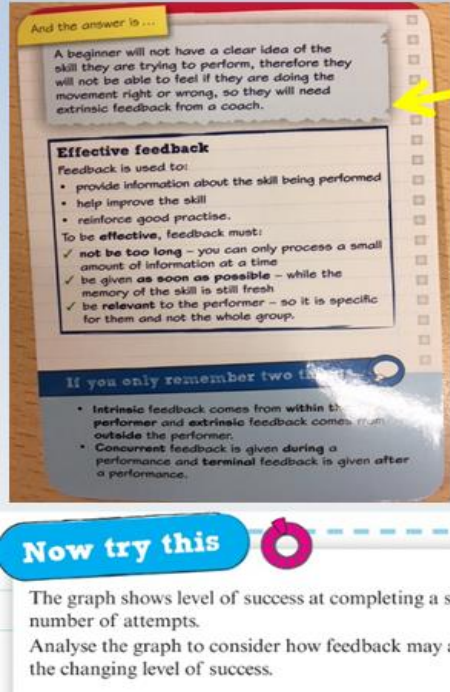
GCSE P.E: (18-19) Weekly Revision Planner

How? (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 & GCSE POD

<p>Component 1: Fitness and Body Systems (FBS) – 36% (Written Examination – 90 marks)</p> <ul style="list-style-type: none"> - Chapter 1: Anatomy & Physiology - Chapter 2: Movement Analysis - Chapter 3: Physical Training 	<p>Component 2: Health and Performance (H&P) – 24% (Written Examination – 70 marks)</p> <ul style="list-style-type: none"> - Chapter 4: Health, Fitness & Well-being - Chapter 5: Sport Psychology - Chapter 6: Socio-Cultural Influences
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Week Beginning	Topic Focus:	Flashcards	BBC Bitesize Link	RAG Review: - Do you need to revisit? - Which topic? - When? [Date]
5/11/18	C2: Guidance & Feedback	91,92,93	Guidance: https://www.bbc.com/bitesize/guides/zcp6sg8/revision/1 Feedback: https://www.bbc.com/bitesize/guides/zcshycw/revision/1	
12/11/18	C2: Mental Rehearsal	94	https://www.bbc.com/bitesize/guides/zs2jxsg/revision/1	
19/11/18	C1: Cardiovascular System	12,13	https://www.bbc.com/bitesize/guides/z9n6sg8/revision/1	
26/11/18	C1: Respiratory System	17,18,19,20	https://www.bbc.com/bitesize/guides/ztkr82p/revision/1	
3/12/18	C1: Muscular System [Antagonistic Muscle Pairs & Muscle Fibres]	8,9,10,11	Antagonistic Muscle Pairs: https://www.bbc.com/bitesize/guides/zpkr82p/revision/4 Muscle Fibre Types: https://www.bbc.com/bitesize/guides/zpkr82p/revision/1	
10/12/18 [Mock Window]	C2: Classification of Skills	85,86	https://www.bbc.com/bitesize/guides/zpd9j6f/revision/1	
17/12/18 [Mock Window]	C2: Diet, Macro/Micro Nutrients & Optimum Weight	80,81,82,83	https://www.bbc.com/bitesize/guides/zyp6sg8/revision/1	
7/1/19	C1: Skeletal System [Functions, Structure & Bone Classifications]	1,2,3	https://www.bbc.com/bitesize/guides/zq3sbk7/revision/1	
14/1/19	C1: Joints [Classification & Movements]	4,5,6	https://www.bbc.com/bitesize/guides/zq3sbk7/revision/1	
21/1/19	C2: Lifestyle Choices	76,77	https://www.bbc.com/bitesize/guides/z2d9j6f/revision/2	
28/1/19	C1: Blood Vessels & Vascular Shunting	14,15	Blood Vessels: https://www.bbc.com/bitesize/guides/z9n6sg8/revision/2	
4/2/19	C2: Commercialisation [Advantages + Disadvantages]	97,98,99	https://www.bbc.com/bitesize/guides/ztqd2p3/revision/1	

11/2/19 [Mock Window]	C1: Components of Fitness & Training Methods 1	28,29,30 + 45,46, 48	Components/Tests: https://www.bbc.com/bitesize/guides/zxd4wxs/revision/2 Methods of Training: https://www.bbc.com/bitesize/guides/zyqd2p3/revision/2	
25/2/19 [Mock Window]	C1: Components of Fitness & Training Methods 2	31,32,33,34 + 47,49	Components/Tests: https://www.bbc.com/bitesize/guides/zxd4wxs/revision/2 Methods of Training: https://www.bbc.com/bitesize/guides/zyqd2p3/revision/2	
4/3/19	C2: Improving Health [Physical, Emotional & Social]	72,73,74,75	https://www.bbc.com/bitesize/guides/z2d9j6f/revision/1	
11/3/19	C1: ST Effects of Exercise	22,23	https://www.bbc.com/bitesize/guides/z367tyc/revision/1	
18/3/19	C1: Levers, Planes & Axes	24,25,26	https://www.bbc.com/bitesize/guides/zwbfg82/revision/1	
25/3/19	C2: Practice Structures	87,88		
1/4/19	C1:LT Effects of Exercise	53,54,55,56	https://www.bbc.com/bitesize/guides/z367tyc/revision/2	
8/4/19	C1: Performance Enhancing Drugs [+Warm Ups & Cool Downs]	63-71	PEDSs: https://www.bbc.com/bitesize/guides/z2r34j6/revision/4 Warm-Up/Cool-Down: https://www.bbc.com/bitesize/guides/zyqd2p3/revision/1	
29/4/19	C2:Analysing Trends [Socio-economic, Gender & age, Ethnicity & Disability]	95,96	https://www.bbc.com/bitesize/guides/zp7wmnb/revision/1	
6/5/19	C1: Principles of Training & Injuries	40-44, 60-62	POT: https://www.bbc.com/bitesize/guides/zxhxnbnk/revision/1 Injuries: https://www.bbc.com/bitesize/guides/z2r34j6/revision/3	
13/5/19	C1: Fitness Testing & The Impact of Exercise	35-39, 57	https://www.bbc.com/bitesize/guides/z367tyc/revision/1	
20/5/19	C2: Impact of Sedentary Lifestyle & Sporting Behaviour	78,79, 84, 100	Sedentary Lifestyle: https://www.bbc.com/bitesize/guides/z9gvcwx/revision/1 Sporting Behaviour: https://www.bbc.com/bitesize/guides/z93fg82/revision/1	

C1 EXAM : 15/5/19 [AM]

C2 EXAM: 17/5/19 [PM]