

# **PE Revision Timetable February – May 2017**

# What you will need

- In order to revise effectively you
- Your revision workbook
- Revision Guide
- Flash cards
- GCSE pod 2.0
- Progress grid booklet



## MR Findlay's GCSE PE revision guide.

A summary of each topic you have covered whilst completing your GCSE in PE.

*Use in conjunction with other revision methods.*

*This is a revision resource of key points only.*

# MR Findlay's GCSE Physical Education Revision Workbook



### 1.1.1 Benefits of taking part in physical activity

- S-Self esteem
- M-Mental challenge
- E-Enjoyment
- R-Relieve stress
- F-Fitness
- I-Improve health

S  
M  
E  
R  
F  
I



### 1.1.2 Influences on taking part

- Cultural - age, race, disability, gender
- Health and wellbeing - illness and health problems
- Image - fashion, media coverage,
- People - family, peers, role models
- Socio-economic - cost, status
- Resources- availability, location, access, time

C  
H  
I  
P  
S  
R

## 1.1.1 PROGRESSION CHECK GRID @HTHAPE 1.1.2

Describe and explain how CHIPS R can influence participation? <b>A</b>	How can Physical Activity stimulate Physical Challenge? <b>B</b>	What are the benefits of a healthy, active lifestyle? <b>A</b>	What constitutes a healthy, active lifestyle? <b>A</b>
How can physical activity relieve stress? <b>B</b>	What are the components of each strand of CHIPS R <b>B</b>	What roles and opportunities are available in sport? <b>C</b>	What is Serotonin and what effect does it have on us? <b>B</b>
How can agencies impact and influence participation in sport? <b>A</b>	How can the P from CHIPS R influence participation? <b>B</b>	What 3 agencies provide opportunities and provisions in physical activity? <b>C</b>	What are the 4 stages of the Sports Participation Pyramid? <b>C</b>
What does aesthetic mean? <b>C</b>	What is meant by the term Self-Esteem? <b>C</b>	Why would initiatives be used to improve participation? <b>B</b>	What does CHIPS R stand for? <b>C</b>

# How to attempt it?

- Attempt questions from your progress grid.
  - Use flash card to help recall key points for each topic.
  - Refer to the workbook revision on one page to support your answer.
  - Use the more detailed revision guide to check your answer.
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- These support tools can be used in different orders if needed.

# What Else can I do?

- Access MY PE EXAM on the shared area. These are short videos which cover all the content of the whole course.
- Download past papers and mark scheme and attempt questions, ensure you mark your work effectively and realise what mistakes you have made if any and WHY.
- Gain those extra extended marks by Point-Explain-Effect/Evidence related to the sport.

# Timetable

Week Beginning	Revision	Parent Signature
13-02-17	1.1.1 Healthy Active Lifestyles	
20-02-17	1.1.2 Key Influences that impact Physical Activity (CHIPSR)	
27-02-17 <b>Half Term</b>	1.1.3 Exercise and Fitness- Components of Fitness (BMMFC CRABSP) Training Zones	
6-03-17	1.1.4a Principles of Training (SPORRI) Goal setting (SMART)	
13-03-17	1.1.4b Methods of Training and Assessing Fitness (PEP)	
20-03-17	1.1.5 Health and Well Being (DIET and its effects on performance)	

# Timetable

Week Beginning	Revision	Parent Signature
27-03-17	1.2.1a Body weight and its effects on performance	
03-04-17	1.2.1b Substances in Sport (BANDSP) Risks associated with Sport	
10-04-17 <b>Easter Holiday</b>	Free week	
17-04-17 <b>Easter Holiday</b>	1.2.2 Active lifestyle and CV system effects of exercise	
24-04-17	1.2.3 Active lifestyle and Respiratory system, effects of exercise	
01-05-17	1.2.4 Active lifestyle and Muscular system, effects of exercise	

**Good luck**

