

# YR 11 GCSE PE – Exam Preparation

## How should I revise?

- As **ACTIVELY** as possible!!!
- Revision is **NOT** just re-reading your notes/textbooks/revision guides

## Where should I revise

In a quiet room (maybe a bedroom) with:

- A comfortable temperature
- Good lighting
- A table to work at
- A clock

## Which technique should I use?

Find the technique which **works best for you!**

Mind Maps, Revision Cards, Make Notes, Clear layout, Use Highlighters, Use Diagrams, Use Class Notes, GCSE Pod, Revision Guides and Textbooks!

**Reinforcing your memory – get someone to test you from the notes / cards / mindmaps / revision posters**

## PE

- Students will be sitting the Edexcel GCSE Physical Education Paper
- 1 hour 30 minutes written paper - this is worth 80 marks (40%)

### The Exam

- The first question will be a multiple choice type question
- The second part of the paper will be short answered questions
- The third part of the paper will be two extended answers (6 Marks)

### Specific PE tips:

- Answer all questions
- Underline key words in the question
- Identify how many marks have been awarded and make that amount of separate points ie 3 marks means write 3 answers
- Give specific physical activity examples do not just name a sport ie dodging your opponent in Basketball
- Try to answer all questions

### Supporting Materials

- Edexcel PE Revision Guide
- Edexcel PE Revision Workbook
- BBC Bitesize web page for revision tips and content.  
([www.bbc.co.uk/education/subjects](http://www.bbc.co.uk/education/subjects))

### GCSE PE Websites

<http://www.s-cool.co.uk/gcse/pe>

<http://www.teachpe.com/gcse.php>

## Topics to revise!

- **Benefits of a healthy active lifestyle**
- **Influences on a healthy active lifestyle**
- **Health and skill related fitness**
- **Principals of training**
- **Methods of training**
- **Diet, health and well-being**
- **Physical activity and your healthy mind and body**
- **Cardiovascular system**
- **Respiratory system**
- **Skeletal system**
- **Muscular system**

Revise, work-hard and succeed!