



## GCSE Provisional Exam Dates

- |                         |                                  |
|-------------------------|----------------------------------|
| 1. CamNat Sport Studies | Monday 13 <sup>th</sup> May (pm) |
| 1. Phys Ed. Paper 1     | Wednesday 22 <sup>nd</sup> (pm)  |
| 2. Phys Ed. Paper 2     | Monday 3 <sup>rd</sup> June (pm) |

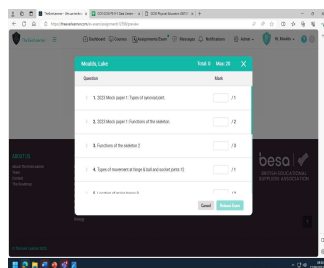
**Lesson 6's** are available  
Mon-Weds till 4.10pm



Brand new **Revision guides** will be made  
available to students

**Revision checklists** are available for all topics from class teachers.

| Topic  | Examples   |  |  |  |
|--|--|--|--|--|
| Physical activity and sport in the UK        | Current trends in participation, Sport England, NGB's, GCSE  |  |  |  |
| Participation in physical activity and sport | Factors affecting participation: Age, gender, ethnicity, religion, social class, disability, opportunity, access, encouragement, cost, facilities, motivation, role models, strategies to improve participation, promotion, provision and access |  |  |  |
| Commercialisation of sport                   | Types of media: Social, television, Print, newspapers, magazines, sponsorship and the media (the press)  |  |  |  |
| Ethics in sport                              | Sponsorship, government, deviance  |  |  |  |
| Doping in sport                              | Why are they there? Types of drugs: anabolic steroids, beta blockers and stimulants  |  |  |  |
| Violence in sport                            | Know and understand the reasons for player violence  |  |  |  |
| Characteristics of a skilled movement        | Motor skills definition, efficiency, are determined, controlled, fluent, accurate, etc.  |  |  |  |
| Classification of skills                     | Open/closed, discrete/continuous, gross/fine, manual/automatic, cognitive/psychomotor, etc.  |  |  |  |
| Goal setting                                 | Use of goal setting for motivation, motivation to improve performance  |  |  |  |
| Mental Preparation                           | Mental preparation techniques: imagery, mental rehearsal, relaxation, attention, positive thinking   |  |  |  |
| Types of Guidance                            | Visual, verbal, manual, mechanical   |  |  |  |
| Types of Feedback                            | Internal, external, knowledge of performance, knowledge of results, positive feedback and negative feedback  |  |  |  |
| Health, fitness and well-being               | Physical effects: injury, common heart disease (CHD), blood pressure, bone density, obesity, Type 2 diabetes, mental effects: self-esteem, confidence, stress management, sleep  |  |  |  |
| Diet and nutrition                           | Related diet: carbohydrates, proteins, fats, minerals, vitamins, fibre, water, antioxidants  |  |  |  |



**Regular Self Testing** – key information is tested via Everlearner assignments using short answers – available from class teachers.

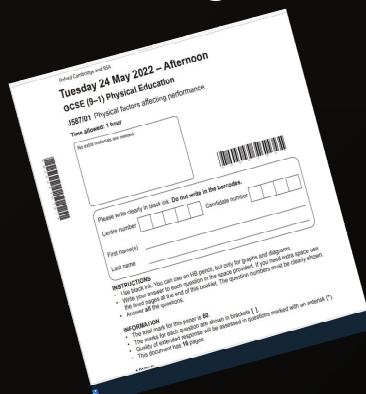
**44% A01 Recall Skills in Exam**

**Revision mats** can be obtained from class teachers for all topics.

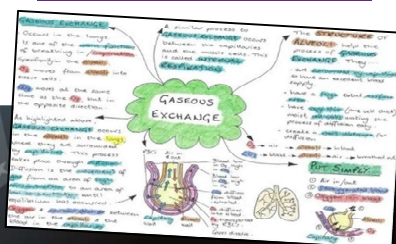
**25% AO3 Evaluate or Analysis**



**Bitesize:** Staff can also recommend various phone revision apps some of which are free like bbc bitesize while others include some in-app charges.



**Past papers** are available from class teachers.



## 250,000 Students Learning 2x Faster

**Study**

- Exam Prep
- Assignments **1**
- Ask Amelia

**Smart learning**

Boost your memory strength with our smart algorithm's suggestions

**Average Score**

- 2.1.1 The Submission of the Earls **87%**
- 2.1.2 Getting Control of England **81%**
- 2.1.3 Reasons for Building Castles **76%**
- 2.2.1 The Revolts against William **74%**
- 2.2.2 End of Topic Test - William... **63%**

**Insights**

Course: Biology: High School | Metric: Average score | Date range: Last 30 days | From: 11/3/2020 | To: 12/3/2020

Sections (43)

| First name | Last name | 1.4.1 | 1.4.2 | 1.4.3 | 1.5.1 | 1.5.2 | 1.5.3 | 1.5.4 |
|------------|-----------|-------|-------|-------|-------|-------|-------|-------|
| Marie      | Deckow    | 27%   | 54%   | 55%   | 51%   | 72%   | 73%   | 70%   |
| Cole       | Tarrant   | 53%   | 81%   | 72%   | 43%   | 48%   | N/A   | 32%   |
| Blaze      | Towne     | 79%   | 100%  | N/A   | N/A   | 100%  | 47%   | 75%   |
| Vida       | Doneski   | 46%   | N/A   | 55%   | 52%   | 55%   | 90%   | 32%   |
| Solan      | Hills     | 43%   | 86%   | 46%   | 46%   | 49%   | 85%   | 47%   |
| Destiny    | Flouris   | 37%   | N/A   | 68%   | 26%   | 47%   | 67%   | N/A   |
| Ashlan     | Herman    | 54%   | N/A   | 65%   | 27%   | 64%   | N/A   | 21%   |
| Jorge      | Bogen     | N/A   | 43%   | N/A   | 72%   | 38%   | 38%   | N/A   |
| Edie       | Maggie    | 53%   | 70%   | 58%   | 46%   | 55%   | 49%   | N/A   |
| Felton     | Dare      | 57%   | 48%   | 81%   | 46%   | N/A   | 16%   | N/A   |

What does the small intestine do?

- Absorbs water molecules
- Absorbs soluble food molecules ✓
- Digests food ✓
- Produces bile

Which part of the enzyme binds with the substrate?

Active site

## Youtube videos

from the Exam board on Youtube

Scan the QR code and watch Everlearner revision videos for paper 1 and paper 2



**30% of GCSE PE exam Grade is from Core Practicals**

**SCAN ME**