

GCSE PHYSICAL EDUCATION (PE)

Student: _____

TARGET grade:

Overall MOCK grade:

Paper 1 (BLUE):

Paper 2 (YELLOW):

PRACTICAL grade:

Including the following sports -

Combined CURRENT grade:

Key dates

WRITTEN EXAMINATION

Paper 1 (BLUE) > Wednesday 15th May

Paper 2 (YELLOW) > Friday 17th May

Extra support Available

Details of any lunchtime / pre school or after school sessions taking place:

PRACTICAL INTERVENTION (For students with low practical grades) - Date(s) to be confirmed

AFTER SCHOOL REVISION—2 sessions a week (every Wednesday & every Thursday) starting Weds 24th April (See whole school programme)



KEEP CALM

AND

START REVISION



Ashby School

Empowered to Learn

Make the grade

GCSE PHYSICAL EDUCATION (PE) Guide Revision Programme 2019

Week starting	Topic	Online resources
Feb 4th	Booklet 1 - The structure and function of the skeletal	Bitesize - https://www.bbc.co.uk/education/guides/zxc34j6/revision
Feb 11th	Booklet 2 - The structure and function of the muscular system (BLUE)	Bitesize - https://www.bbc.co.uk/education/guides/zct2hv4/revision
Feb 18th	Booklet 3 - Movement Analysis (BLUE)	Bitesize - https://www.bbc.co.uk/education/guides/z24b9qt/revision
Feb 25th	Booklet 4 - The cardiovascular and respiratory system (BLUE)	Bitesize - https://www.bbc.co.uk/education/guides/zwvn39q/revision Bitesize - https://www.bbc.co.uk/education/guides/zy7d2p3/revision Bitesize - https://www.bbc.co.uk/education/guides/zx9gk7h/revision
March 4th	Booklet 5 - Effects of exercise on the body systems (BLUE)	Bitesize - https://www.bbc.co.uk/education/guides/zcn6sg8/revision
March 11th	Booklet 6 - Commercialisation of physical activity and sport (YELLOW)	Bitesize - https://www.bbc.co.uk/education/guides/zsx7tyc/revision/1
March 18th	Booklet 7 - Ethical and Socio-cultural issues in physical	Bitesize - https://www.bbc.co.uk/education/guides/zq9r82p/revision
March 25th	Booklet 8 - Health, Fitness & well-being & Nutrition (YELLOW)	Bitesize - https://www.bbc.co.uk/education/guides/zpmq6fr/revision
April 1st	Booklet 9 - Sports psychology (YELLOW)	Bitesize - https://www.bbc.co.uk/education/topics/z8k89qt
April 8th	Booklet 10 - Components of Fitness (BLUE)	Bitesize - https://www.bbc.co.uk/education/guides/z8j87hv/revision
April 15th	Booklet 11 - Applying the principles of training (BLUE)	Bitesize - https://www.bbc.co.uk/education/guides/z9ntfrd/revision Bitesize - https://www.bbc.co.uk/education/guides/zpfpv4j/revision Bitesize - https://www.bbc.co.uk/education/guides/ztkcdmn/revision
April 22nd	Booklet 12 - Preventing injury in physical activity and	Bitesize - https://www.bbc.co.uk/education/guides/ztkcdmn/revision/1
April 29th	Booklet 13 - Engagement patterns of different social	Bitesize - https://www.bbc.co.uk/education/guides/zy62hv4/revision