

Physical Education

Revision

A selection of a3 revision sheets on each of the following topics:

- Skeletal and muscular systems
- Cardiovascular and respiratory systems
- Preparation and training methods
- Sports Psychology - topics so far.

Link all of these topics to your main sport, this is the sport that you will develop one of your assessment pieces to.

This is very important for you to start doing this as it will really help you with this assessment grade, which contributes to your overall grade.

For example, when a footballer is kicking the ball describe the movement and muscles being used to enable that movement. What fitness components are important for your sportsperson and why?

Make your revision sheets colourful, add exam questions, pictures etc. The more time you spend on these the better your revision.

All to be ready to hand in for our first lesson back.