

# How to Revise Week

Subject:  
GCSE PE



Question-a-day and 20 minute Revision tasks  
March - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
25th March What are the 3 different somatotypes (body types)?	26th March What is meant by a healthy diet?	27th March What is Health? How does physical activity improve health?	28th March What is obesity? How does it impact your performance and lifestyle?	29th March How can you combat 'hooligans' at football games? What strategies are used?	30th March Explain what 'Hawkeye' is. How does it impact the performer, official & spectators?	31st March How does better equipment and clothing improve performance?	
1st April What are the different types of media?	2nd April Explain the golden triangle and commercialization	3rd April What can a sponsor provide a performer?	4th April Define the terms; etiquette, gamesmanship and sportsmanship	5th April Draw and explain the 'inverted U theory'	6th April What 3 strategies can be used to lower arousal levels and manage stress?	7th April What are the 2 types of aggression?	
8th April Discuss the difference between intrinsic and extrinsic motivation	9th April What is an introvert and an extrovert? What sport would they suit and why?	10th April Explain visual, verbal, manual and mechanical guidance.	11th April Explain a SMART target	12th April Draw and explain each stage of the Information Processing Model	13th April Explain an Outcome Goal and Performance Goal. Give a sporting example for each	14th April Open/closed Gross/fine Self/externally paced Basic/complex	
20 minute revision task  Arousal	20 minute revision task  Key Words	20 minute revision task  PED	20 minute revision task  Guidance	20 minute revision task  Somatotypes			

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Exam Board: AQA

Mock exam Paper: Paper 2  
1 hour 15 mins  
78 marks

Topic to Revise:

Paper 2 Topic Knowledge Self-Assessment		Red	Amber	Green
<b>Sports Psychology</b>				
Skill and Ability		Red	Amber	Green
Classification of a skill		Red	Amber	Green
Types of Goals		Red	Amber	Green
SMART Targets		Red	Amber	Green
Basic Information Processing		Red	Amber	Green
Types of Guidance		Red	Amber	Green
Types of Feedback		Red	Amber	Green
Arousal		Red	Amber	Green
Inverted-U theory		Red	Amber	Green
Stress Management Techniques		Red	Amber	Green
Direct and Indirect Aggression		Red	Amber	Green
Personality types (Introverts and Extroverts)		Red	Amber	Green
<b>Socio-Cultural Influences</b>				
Different Social Groups		Red	Amber	Green
Commercialisation		Red	Amber	Green
Types of Sponsorship and Positives and Negatives of Sponsorship		Red	Amber	Green
Types of Media and Positives and Negatives of Media		Red	Amber	Green
Positives and Negatives of Technology		Red	Amber	Green
Conduct of Performers (Sponsorship, etiquette, Contract to Compete)		Red	Amber	Green
Prohibited Substances (PED's)		Red	Amber	Green
Advantages and Disadvantages of PED's		Red	Amber	Green
Spectator Behaviour		Red	Amber	Green
Hooliganism		Red	Amber	Green
<b>Health, Fitness and Wellbeing</b>				
Physical, Mental and Social Health and Wellbeing		Red	Amber	Green
Fitness		Red	Amber	Green
Sedentary Lifestyle		Red	Amber	Green
Obesity		Red	Amber	Green
Somatotypes		Red	Amber	Green
Energy Use		Red	Amber	Green
Nutrition		Red	Amber	Green
Hydration		Red	Amber	Green