

How to Revise Week

Question-a-day and 20 minute Revision tasks March & April 2025

Subject:
GCSE PE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
24th March What are the 3 different somatotypes (body types)?	25th March What is meant by a healthy diet?	26th March What is Health? How does physical activity improve health?	27th March What is obesity? How does it impact your performance and lifestyle?	28th March How can you combat 'hooligans' at football games? What strategies are used?	29th March Explain what 'Hawkeye' is. How does it impact the performer, official & spectators?	30th March How does better equipment and clothing improve performance?	
31st March What are the different types of media?	1st April Explain the golden triangle and commercialization	2nd April What can a sponsor provide a performer?	3rd April Define the terms; etiquette, gamesmanship and sportsmanship	4th April Draw and explain the 'inverted U theory'	5th April What 3 strategies can be used to lower arousal levels and manage stress?	6th April What are the 2 types of aggression?	
7th April Discuss the difference between intrinsic and extrinsic motivation	8th April What is an introvert and an extrovert? What sport would they suit and why?	9th April Explain visual, verbal, manual and mechanical guidance.	10th April Explain a SMART target	11th April Draw and explain each stage of the Information Processing Model	12th April Explain an Outcome Goal and Performance Goal. Give a sporting example for each	13th 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
Sports Psychology				
	Skill and Ability			
	Classification of a skill			
	Types of Goals			
	SMART Targets			
	Basic Information Processing			
	Types of Guidance			
	Types of Feedback			
	Arousal			
	Inverted-U theory			
	Stress Management Techniques			
	Direct and Indirect Aggression			
	Personality types (Introverts and Extroverts)			
Socio-Cultural Influences				
	Different Social Groups			
	Commercialisation			
	Types of Sponsorship and Positives and Negatives of Sponsorship			
	Types of Media and Positives and Negatives of Media			
	Positives and Negatives of Technology			
	Conduct of Performers (Sponsorship, etiquette, Contract to Compete)			
	Prohibited Substances (PED's)			
	Advantages and Disadvantages of PED's			
	Spectator Behaviour			
	Hooliganism			
Health, Fitness and Wellbeing				
	Physical, Mental and Social Health and Wellbeing			
	Fitness			
	Sedentary Lifestyle			
	Obesity			
	Somatotypes			
	Energy Use			
	Nutrition			
	Hydration			