



# 5 hours in Physical Education

## Consolidation - 45mins

Following an A-Level Physical Education lesson, you should spend up to 30 minutes re-reading your class notes. This helps to recap and consolidate the information you have just been taught by your PE teacher. In PE it is important that notes are filed securely in files/folders. Spend time highlighting or underlining key vocabulary. Make a note of anything you don't understand and be sure to ask your class teacher in the next lesson. To enhance this knowledge further, you could write topic summaries, draw mind maps, create revision flash cards, summarise the lesson into a couple of paragraphs etc. You could also prepare for your following lesson by reading ahead in your work packs.

## Reactive – 3hrs

This is your 'homework'. Each of your Physical Education teachers should give you at least 1 hours' worth of homework each week. This could be linked to upcoming exams, preparation work for EAPI talks, practice exam questions or a research task. In addition, you should be keeping your NEA competitive log up to date and adding applied theory to your EAPI talk notes.

If you find this takes more than 1 hour, that's fine, you can take this from the proactive phase (not from the consolidation phase though). Equally, if you find you finish your reactive work quickly, spend more time on your proactive work.

## Proactive – 1hr 15mins

This is the section that will broaden and deepen your overall understanding of the subject you are studying. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, TED talks etc. In Physical Education this might contain some of the following:

- Frequent attempts at past papers stored on Teams and are also available on the OCR website, under past papers. Use the available mark schemes to add to your answers. A big focus should be on achieving A03 marks. Read the mark schemes carefully.
- Refer to the EAPI guide to help with your preparation for your talk in March.
- Listen to EAPI exemplars stored on Teams.
- Tasks will be set from Zigzag E-revision
- Wes Davies screencasts <https://www.youtube.com/channel/UC2I25MkbBDGyuZ11Yd8ibMw>
- Refer to the PE consolidation work folder on Teams (constantly updated).
- Create knowledge organisers/ revision aids for previous topics based on the specification check list.
- Practice writing timed 10 mark and 20-mark exam questions.
- Ask someone at home to test you on key concepts.
- Re draft longer mark questions after feedback has been given from class teachers.
- A great revision video: On you tube search 'Everlearner video for OCR PE'.