

Exam Board Website	Sample Papers	Top 3 Resources
Pearson Exam Board Website	Sample Paper 1 Sample Paper 2	BBC Bitesize Youtube Revision Quizlet

PE Revision Activities

1. Key Term Flashcards

- Activity:** Make flashcards for all key terms (e.g., aerobic respiration, agility, levers). On one side write the term, on the other the definition and an example.
- Why it works:** Builds strong recall for multiple-choice and short-answer questions.

2. Practical to Theory Links

- Activity:** Watch a sports clip (or think of your own PE lessons) and identify:
 - Which components of fitness are being used?
 - Which training methods would improve performance?
- Why it works:** Reinforces application of theory to real-life scenarios.

3. Exam Question Practice

- Activity:** Use Pearson past papers or sample questions. Focus on:
 - Command words (e.g., describe, explain, evaluate)
 - Timing yourself for each question
- Why it works:** Improves exam technique and confidence.

4. Mind Map Topics

- Activity:** Create mind maps for big topics like:
 - **Cardiovascular system**
 - **Muscular system**
 - **Principles of training** Include diagrams, key terms, and examples.
- Why it works:** Helps visualize connections and organize knowledge.

5. Fitness Component Quiz

- Activity:** Write down all components of fitness (e.g., strength, flexibility, power). For each:
 - Define it
 - Give a sporting example
 - Suggest a test to measure it
- Why it works:** Covers definitions, examples, and practical application.

"Champions keep playing until they get it right."