



# PREPARE TO SUCCEED

**COMPLETE TWO 20 MINUTE  
REVISION TASKS PER WEEK  
(ONE FROM EACH PAPER)**

**17  
WEEKS TO GO**

WEEK	DATE	PAPER 1 Revision Area	TASK 1	PAPER 2 Revision Area	TASK 2
<b>1</b>	21/1	<b>Location of bones + functions of the Skeleton</b>	Draw/Label a skeleton correctly. Create 6 Revision cards explaining the functions of the skeleton + how they are applied in your sport	<b>Goalsetting</b>	Why would Mo Farah use goalsetting? Create a <b>SMART</b> mind map. Including keywords, definitions + examples.
<b>2</b>	28/1	<b>Types + structure of synovial joint</b>	Draw/model + label a synovial joint. Explain what <b>cartilage, ligaments and tendons</b> look like and what they do	<b>Skill + Classification</b>	Using the <b>5 characteristics of skill</b> explain why Messi is a skilful performer. Describe the <b>environmental +difficulty continuum</b> (giving examples of skills that are at each end).
<b>3</b>	4/2	<b>Joint Movement</b>	Draw 6 pictures to represent the different types of movement. Make sure you can describe +give examples of each.	<b>Factors affecting performance</b>	Create a mind map of all the factors that affect participation ( <b>G.A.S.E.D</b> ) giving examples for each.
<b>4</b>	11/2	<b>Location of major muscles and Antagonistic pairs</b>	Draw/label a muscle man correctly. Can you explain <b>antagonistic pairs</b> ? And how movement is created at the knee + elbow?	<b>UK trends in Sport</b>	Explain the major participation trends in the UK for Gender, Age Ability/Disability, Socio-economic status? Which activities are most popular and why?
<b>5</b>	18/2	<b>Lever</b>	<b>123, FLE</b> – what does this mean? Draw + label the 3 lever diagrams, make sure you know which represents the neck, ankle and elbow.	<b>Strategies to improve participation</b>	What does PPA stand for? Can you explain how each helps participation? Find out about the <b>This Girl Can + Change 4 Life</b> strategy. What do they do?
<b>6</b>	25/2	<b>Planes + Axis</b>	Draw and label 6 stick men to represent the <b>3 planes and 3 axes of movement</b> . Make sure you give a sports example for each	<b>Commercialisation of Sport (Media)</b>	Why is the media important in sport? Can you explain any positive or negative effects the media has upon sport?
<b>7</b>	4/3	<b>Structure + Function of the Cardiovascular system</b>	Draw/explain the <b>double pump system</b> . Describe the structure + function of different blood vessels. Can you explain the purpose of the <b>redistribution of blood</b> ?	<b>Commercialisation of Sport (Sponsorship)</b>	Can you give examples of sponsorship? Think of players, teams, events, facilities. Can you explain any positive or negative effects the sponsorship has upon sport?
<b>8</b>	11/3	<b>Structure + Function of the Respiratory system</b>	Describe the pathway of air into the body and explain the process of <b>gaseous exchange</b> .	<b>Commercialisation of Sport The Golden Triangle</b>	Draw the <b>GOLDEN TRIANGLE</b> and explain the links between Sport, sponsorship and the Media. Give an example from Sport.
<b>9</b>	18/3	<b>Aerobic + Anaerobic Exercise</b>	Create a table for Aerobic + Anaerobic exercise showing the major differences + main points of each (give clear examples)	<b>Ethics, Sportsmanship + Gamesmanship</b>	What is <b>deviance</b> in sport? Describe sportsmanship and gamesmanship (giving examples from your sport of each)
<b>10</b>	25/3	<b>Short Term Effects of Exercise</b>	Describe the immediate effects of exercise on the <b>muscles, cardiovascular system + respiratory system</b> .	<b>Ethics Drugs in sport</b>	Why do performers use drugs and what are the impacts? Explain <b>anabolic steroids, beta blockers and stimulants</b> and give examples of why performers would use them.
<b>11</b>	1/4	<b>Long Term (Training) Effects of Exercise</b>	Create a mind map of the <b>13 changes</b> that happen to your body as a result of training (long term exercise). Make sure you can explain 4.	<b>Ethics Violence in sport</b>	Why may players become violent in sport? Can you give any examples of violence in sport and the reason why it happened ( <b>Zidane – WC final 2006</b> ).
<b>12</b>	8/4	<b>Components of Fitness</b>	Make <b>10 Fitness</b> revision, Cards (with a definition, way to test and how it is used in sport)	<b>Guidance</b>	Create 4 Revision cards for the Types of Guidance. Use key words, definitions examples.
<b>13</b>	15/4	<b>Principles of Training</b>	Explain <b>SPOR</b> and how you would apply it to a training programme	<b>Feedback</b>	Why do we use feedback? What are the 6 types of Feedback? Describe a practical example of each
<b>14</b>	22/4	<b>Types of Training + Optimising Training</b>	There are 3 main types of training describe the difference between them and how you would use the <b>FITT</b> principles to ensure progress.	<b>Health, Fitness + Wellbeing</b>	What is the difference between Health, Fitness + Wellbeing? Explain the <b>Physical, Social+Emotional</b> benefits of physical activity.
<b>15</b>	29/4	<b>Warm up and cool downs</b>	What are the <b>5 components of a warm up+ 2 components of a cool down</b> up (explain the impact of each part on the body)	<b>Mental Preparation</b>	Why is it important to prepare mentally for performance? What are the <b>4 types of Mental preparation</b> ?
<b>17</b>	6/5	<b>Injury prevention, Risks + Hazards</b>	List <b>5 different ways of reducing injury</b> in sport. Explain the difference between a Risk + a hazard giving 4 examples of each.	<b>Diet + nutrition</b>	Explain the <b>7 components of a balanced diet</b> . Describe the difference between the diet of a weightlifter and a marathon runner. Explain why hydration is important in sport?
<b>GOOD LUCK</b>	13/5	<b>EXAM 15<sup>th</sup> May PREPARE TO SUCCEED</b>	Remember to <b>BUG</b> each question. For extended answers <b>PEA</b> (point, explain, apply practically)	<b>EXAM 17<sup>th</sup> May PREPARE TO SUCCEED</b>	Remember to <b>BUG</b> each question. For extended answers <b>PEA</b> (point, explain, apply practically)

## WHERE TO FIND ADDITIONAL HELP AND SUPPORT:

Use [Quizlet \(free app\)](#) and [Seneca \(free revision website\)](#). Use your PE simplified Revision Guide.

Complete your **Homework booklet**. Complete **past papers** and **revision maps** on the student O drive in GCSE PE 9-1.

