

GCSE PE Exam Café Timetable.

The PE faculty revision sessions will take place after half-term on Monday nights 3:20 – 4:30 in PE1. These sessions are topic specific and have been designed to focus on areas of development for the students. The revision sessions are designed to allow discussion and opportunity to see possible exam questions and examiner mark schemes. This supports work completed in lessons.

<u>Date</u>	<u>Topic areas</u>
Monday 20 th February	<ul style="list-style-type: none">• Roles of the Active participant – e.g. player/performer, organiser, leader/coach, official.• Individual differences – e.g. age, disability, gender, culture, physique.
Monday 6 th March	<ul style="list-style-type: none">• The demands of performance – fatigue, stress and injury.• The difference between Aerobic and Anaerobic exercise.
Monday 13 th March	<ul style="list-style-type: none">• Characteristics and benefits of Leisure and Recreation.• Health, Fitness and a Healthy Active Lifestyle – components of health and skill-related fitness.
Monday 20 th March	<ul style="list-style-type: none">• The skeletal system – functions, bones, joints, movement.• The muscular system – types, contractions, movements.
Monday 27 th March	<ul style="list-style-type: none">• Training – methods, principles of training.• Diet – balanced diet, imbalances and special diets.
Monday 24 th April	<ul style="list-style-type: none">• School influences – national curriculum, policies and extra-curricular.• Organisational influences – Sport England, Youth Sports Trust, Dame Kelly Holmes Legacy Trust and National Governing Bodies.

<u>Date</u>	<u>Topic areas</u>
Monday 24th April	<ul style="list-style-type: none"> • Cultural and social factors – leisure time, fairness and social groupings. • Opportunities and pathways – roles and remaining involved in physical activities.
Tuesday 2nd May	<ul style="list-style-type: none"> • International and other factors – media, sponsorship, competitions, role models, science and ICT in sport and the Olympics.
Friday 5 th May – Saturday 6 th May	GCSE PE REVISION RESIDENTIAL
Monday 15 th May	<ul style="list-style-type: none"> • Answering 6-8 mark questions.
Thursday 18 th May	Exam café – food and refreshments and opportunity to recap key areas before the big day.
Friday 19 th May	EXAM