

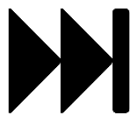


## Physical Education Independent Study Support

### INDEPENDENT STUDY – Preparation Consolidation Reflection

*Remember you should be studying one hour independently for every hour of lesson time. In your independent study periods, once homework and assignments are complete, you should complete tasks from the following list:*

#### Preparation



- Complete wider reading from PE Review Magazine online on upcoming topics.
- Read through the PE textbook and make notes familiarise yourself with the material for the next topic.
- Complete wider reading and familiarise yourself with current events (such as sporting events, Podcasts that focus on high performance, articles based on performance and things that affect performance)
- Research a variety of sports that you can use to develop your answers in all areas.
- Using past papers and mark schemes on OCR gain an understanding of the typical question structure on the current topic.

#### Consolidation



- Look at completed exam questions, read the comments and corrections. Focus on your weaker answers, research, find suitable sporting examples, write notes then answer the question again.
- Make a revision card on content from the last lesson, looking at key terminology
- Using past papers on OCR attempt additional questions of the current topic, mark and make corrections. Reattempt the questions at a later date.
- Use your textbook and the library / internet to add to your class notes from the last lesson.
- Organise your folder. Ensure all work is in order and up to date, everything is completed- if this is not the case, contact your teacher.

#### Reflection



- Look through your notes, create revision mind maps or flashcards to test your knowledge.
- Use the textbook to complete the activities within each topic area to support your learning.
- Look at previous 10 and 20 mark answers and rewrite your answer. Highlight content with AO1, AO2 or AO3.
- Use previous retrieval practices at the start of each lesson to help revise content
- Make a glossary of key words with their definitions - you can also include some sporting examples for your own reference