

In A-Level PE you should...

After each lesson...

- Go back through your lesson notes and check they are clear/complete/legible, you understand them and there are no gaps (follow through with copy of powerpoint on the Student Shared area)
- Cross reference the information with the appropriate section in the revision guide by reading it through

Every week...

- Organise your folder/noted to ensure all the work is in the correct section.
- Complete any assigned homework/s.
- Practice questions on content either given in lesson resources or in revision guide.
- Use AI to set yourself a question on a certain topic from AQA A level PE and attempt it.
- Keep up to date with the world of sport (BBC Sport app is a good starting point) and try to link some of the theoretical knowledge you have to these real-world issues.
- Play your main sport, which you will be assessed in for your NEA

Every term ...

- Complete 'active revision' – begin making flashcards, mind maps, any method of active revision (rather than just reading your lesson notes). Create resources that you can use again and again.
- Go through any set assessments/tests. Look at where you dropped marks, are there patterns, is there anything you can be working on (using key terms for example)?
- RAG the syllabus in terms of knowledge (RED: Concern, AMBER: Needs recapping, GREEN: Secure)
- Find some additional questions on the AQA website and work through them. Look at how the command word links to how you present your answer. Note the specificity of language used in the mark schemes.

Every year...

- Ensure you have a full understanding of the NEA requirements and a specific plan for recording yourself in the full context.
- Review year to date, honestly, what worked well, which areas can you improve, reflect on mock results.
- Plan your revision and private study; you cannot begin this too soon, it is content heavy and requires lots of rehearsal and practice.
- Ensure there are no gaps in lesson notes.
- Be proactive and communicate with staff if you feel you need any further support.

Highly recommend this textbook /revision guide:

MY REVISION NOTES

AQA A LEVEL PE

Hodder Education Young, Burrows, Bryne

