



Magdalen Court School



Physical Education Revision Timetable.

You need to do at least 1hr a day
best in 30min slots.

It's a job to concentrate for more than about 40mins in 1 go.

Anatomy video:

<http://www.bbc.co.uk/programmes/p00g8x54>

S-Cool revision site:

<http://www.s-cool.co.uk/gcse/pe/how-the-body-is-controlled>

		Revise	Activity	Test
Sat. 7 th	Analysis of performance; http://www.bbc.co.uk/schools/gcsebitesize/pe/analysis/ <ul style="list-style-type: none">• Officials and sports leaders• Observation and analysis• Motivation and training skills, tactics and strategies			
Sun. 8 th	Analysis of performance; http://www.bbc.co.uk/schools/gcsebitesize/pe/analysis/ <ul style="list-style-type: none">• Motivation and training skills, tactics and strategies• The circulatory system• The respiratory system			
Mon. 9 th	Applied anatomy and physiology; http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy/ <ul style="list-style-type: none">• The circulatory system			
Tue, 10 th	Applied anatomy and physiology; http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy/ <ul style="list-style-type: none">• The respiratory system			
Wed. 11 th	Applied anatomy and physiology; http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy/ <ul style="list-style-type: none">• The skeleton, bones and joints			
Thu. 12 th	Applied anatomy and physiology; http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy/ <ul style="list-style-type: none">• Muscles and movement			
Fri. 13 th	Exercise and training; http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/ <ul style="list-style-type: none">• Health and fitness			
Sat. 14 th	Exercise and training; http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/ <ul style="list-style-type: none">• Principles and methods of training			
Sun. 15 th	Exercise and training; http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/ <ul style="list-style-type: none">• Effects of exercise and training			
Mon. 16 th	Factors affecting performance; http://www.bbc.co.uk/schools/gcsebitesize/pe/performance/ <ul style="list-style-type: none">• Nutrition• Drugs & Sport• Personal Hygiene			
Tue. 17 th	Safety and risk; http://www.bbc.co.uk/schools/gcsebitesize/pe/safety/ <ul style="list-style-type: none">• Prevention of injury			



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Wed. 18 th	Safety and risk; http://www.bbc.co.uk/schools/gcsebitesize/pe/safety/ <ul style="list-style-type: none">• Causes & types of injury			
Thu. 19 th	Safety and risk; http://www.bbc.co.uk/schools/gcsebitesize/pe/safety/ <ul style="list-style-type: none">• Treating sports injuries			
Fri. 20 th	Revision questions/answers: Try and answer the question 1 st before you look at the answer <ul style="list-style-type: none">• x14 Questions http://www.teachpe.com/gcse/gcse_pe_exam_revision_questions_answers_title_page.php			
Sat. 21 st	Revision questions/answers: Try and answer the question 1 st before you look at the answer <ul style="list-style-type: none">• x14 Questions http://www.teachpe.com/gcse/gcse_pe_exam_revision_questions_answers_title_page.php			
Sun. 22 nd	Revision questions/answers: Try and answer the question 1 st before you look at the answer <ul style="list-style-type: none">• x14 Questions, that should complete ALL the questions on this site. http://www.teachpe.com/gcse/gcse_pe_exam_revision_questions_answers_title_page.php			
Mon. 23 rd				
Tue. 24 th	Exam 1hr 30 mins; Good Luck, You'll be rewarded by the effort you have put in!			
Wed. 25 th				