

Need some ideas on how to revise?

PE Exam board - OCR

I must do my revision
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Contents

- Instagram – (thepeclassroom) - Page 2
- YouTube – (Planet PE & The PE Classroom & The Everlearner) –
 - Page 3 & 4
- Podcasts – (Player FM) – Page 4
- Past papers & mark schemes (Revision World) – Page 5
- Revision sites – (Revision World & BBC Bitesize) – Page 6
- Flash Cards – Page 7
- Mind Maps – Page 8
- Glossary's – Page 9
- Seneca – Page 10
- Quizlet – Page 11

Link your revision to your learning type...



Visual

- Flash notes
- Infographics
- Image association
- Mnemonic devices
- Acrostics
- Pictionary



Auditory

- group listening back to notes
- Group quizzes



Reading & Writing

- and mark schemes
- Active reading



Kinesthetic

- write revising
- Revise outside
- Use games which involve movement and revision

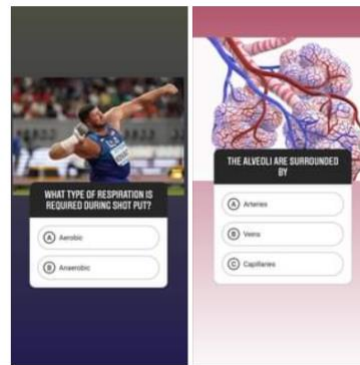
Instagram

thepeclassroom

- ***They regularly put revision clips onto Instagram – they are short slides which simplify topics.***
- ***They put questions and answers on these slides too.***



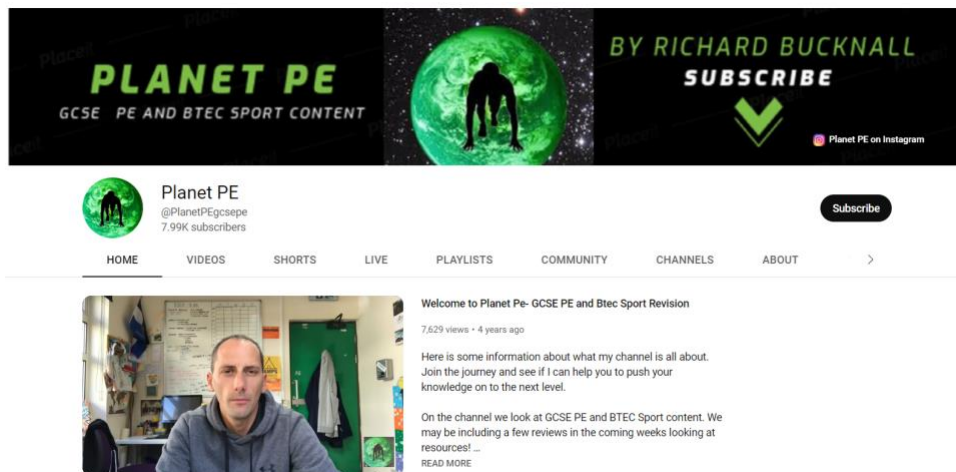
Instagram - PE Classroom - questions and content for all PE pupils!



You Tube

Planet PE

- ***This is a PE teacher who videos information explaining various topics across paper 1 and 2.***
- ***He gives very clear explanations of each topic.***
- ***They range in length so you can watch a short video to get some quick hints and tips or a video going over the whole topic of your choice.***



The PE Classroom

- ***They put lots of videos onto You Tube covering multiple topics.***
- ***It helps when people explain topics in 'different' ways.***
- ***They give examples of how to break down exam questions and what the examiners look for.***



The Everlearner

- More videos of topics across both papers.
- Explain simply each topic.



Podcasts

Player FM – Internet Radio Done Right

- Explains each topic
- If you like putting your headphones in this is for you! They explain each topic slowly. You can have a walk and revise at the same time.

Movement Analysis - GCSE PE #01

+ Subscribe

|| Playing

↻ Share

[Series home](#) • [Feed](#)

Welcome to the Movement Analysis topic for the OCR GCSE PE course, where I will be helping you revise for your exam with these podcasts.

☰ ☰ |≡ Newest 🔍



GCSE PE Podcast - Movement Analysis #01

5 years ago ⌂ Play Later ❤ Like ...



6:56

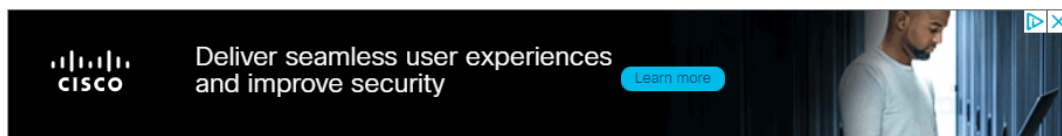
Past Exam Papers

Revision World

- Gives you access to all the previous exam questions and mark schemes pupils have sat in the past.



[GCSE](#) [A-LEVEL](#) [My Timetable](#) [Study Help](#) [Revision Maths](#) [Revision Science](#) [Revision Videos](#) [Student Jungle](#)



[Home](#) / [GCSE Revision](#) / [PE \(Physical Education\)](#) / [PAST PAPERS](#)

OCR GCSE PE Past Papers

This section includes recent GCSE Physical Education (PE) past papers from OCR. You can download each of the OCR GCSE Physical Education (PE) past papers and marking schemes by clicking the links below.

Quick revise

November 2021 GCSE (9-1) OCR PE Past Papers (J587)

(J587/01) Physical factors affecting performance

[Download Past Paper](#) - [Download Mark Scheme](#)

(J587/02) Socio-cultural issues and sports psychology

[Download Past Paper](#) - [Download Mark Scheme](#)

Revision sites

Revision World

- Explains each topic
- Allows you to answer questions on each topic



Search

Training Programmes

After studying this section you should be able to:

- describe the different parts of a session and know the value of rest periods
- describe the short and long-term effects of training
- describe a training programme

Quick revise



[Parts of a training session](#)

[Short & long-term effects of training](#)

[QUESTIONS](#)

[The Training Programme](#)

BBC Bitesize

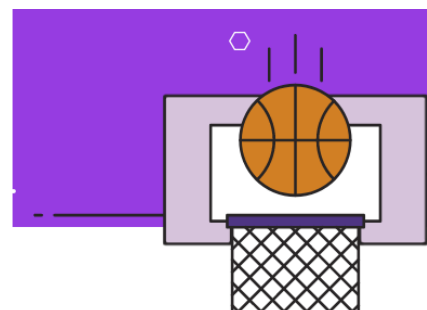
- Explains each topic
- Lots of topics have video explanations
- Allows you to answer questions on each topic

GCSE

Physical Education

Exam board content from BBC Bitesize for students in England, Northern Ireland or Wales. Choose the exam specification that matches the one you study.

Part of [Learn & revise](#)



Flash Cards

Good for

- **Compact – can use them on the move**
- **Active recall**
- **Could use different coloured cards for each topic**
- **Can be used daily**

Flash cards

What are they?

A set of small cards that each contain words or questions on one side with further information or answers on the back.

They are small so they can be carried around with you. This means you can revise wherever you are.

How to make them

1. **Decide on what you want on each side:**
 - Question / Answer
 - Term / definition
 - Topic name / brief content
 - Word / translation
2. **Review your notes and select the relevant information to use**
3. **Write on both sides, keeping it short and to the point**
4. **Check that what you have written is correct**

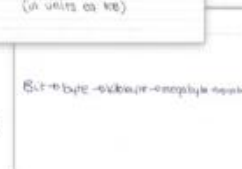
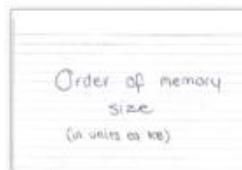
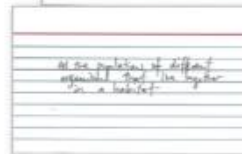
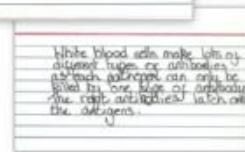
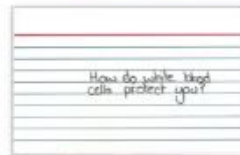
How to use them

1. **Shuffle your pack**
2. **Review the first card**
3. **Say the answer / definition / content / word**
4. **Turn over the card to check**
5. **Work through the pack**

Further ideas...

- Remove the ones you get right as you work through the pack
- Highlight the cards you keep getting wrong (e.g. star in the corner)
- Work with a partner to put yourself on the spot more

Revision techniques



Mind Maps

How to create a mindmap

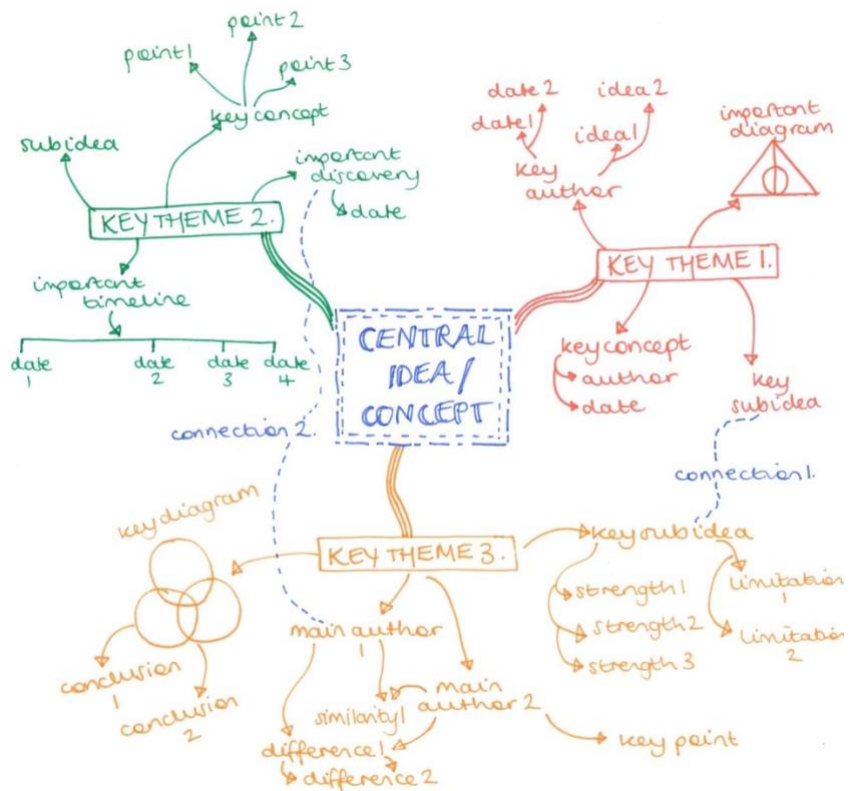
1). Choose your central idea > draw a picture or write a keyword/phrase in the centre of a blank piece of paper

2). Add branches for key themes > decide on the most important words or short phrases relating to your central idea. Add these and connect them to the central idea with thick lines – ‘branches’

3). Add keywords/phrases using sub branches > expand on the key themes by adding sub ideas and information. These could be important dates, examples, authors, models, theories, strengths, limitations, diagrams...etc.

4). Look for gaps and connections > see where you can add more sub branches and info. Look for where you can add lines to show connections between ideas.

MINDMAPPING GUIDE



Mindmap top tips

- Use blank paper if you can as lined paper can look messy
- Use different coloured pens to distinguish between your main branches. You could draw each main branch and its sub branches in a different colour. Or you could use a different colour for each level of information
- Include images, sketches and diagrams to save words and add understanding

Creating a topic Glossary

Good for

- **Memorising key terms**

Consider adding in images next to terms in your glossary

- Section or colour code your glossary into different topic areas
- Highlight those terms that you need to revise
- You can add another column into your glossary with the dates when you last revised each term

Fill in the box with the correct definition

Words	Definitions
Significance	
assume	
Modify	
recent	
version	
Optional	
persuade	

<div style="border: 1px solid black; padding: 2px;">Term</div> <div style="border: 1px solid black; padding: 2px;">Definition</div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;">Characteristics</div> <div style="border: 1px solid black; padding: 2px; width: 150px; height: 80px; margin-left: 100px;">Illustration</div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;">Examples</div>	<div style="border: 1px solid black; padding: 2px;">Term</div> <div style="border: 1px solid black; padding: 2px;">Definition</div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;">Characteristics</div> <div style="border: 1px solid black; padding: 2px; width: 150px; height: 80px; margin-left: 100px;">Illustration</div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;"> </div> <div style="border: 1px solid black; padding: 2px;">Examples</div>
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Seneca

Good for

- **Small topic quizzes**

Good to get your revision started.

Online tool that can be used for all subjects.

Teachers can set your homework on here or you can complete tasks on your own.



Rewrite notes / summarise your notes

Good for

- **Going back over content from a lesson and trying to put it into less words.**
- **Ensures understanding of all topics**
- **Helps improve memory**
- **Helps refresh your memory**

Summary sheets

What are they?

Single sheets that boil down large chunks of information into a more concise form

They reduce the detailed information of your notes into a form that is more manageable

How to make them

1. Gather together your notes on a topic.
2. Highlight the main points and keywords.
3. Write out this highlighted information on a sheet of paper using headings and key points.

- Pictures and diagrams will help too, as will colour.
- Abbreviate things and use symbols where necessary.
- Aim to fit everything on to one side of a sheet of paper.
- Try to make connections between different parts of the sheet

How to use them

- Display your summary sheet where you will see it often
- Cover and check different parts of your sheet
- Rewrite as much as you can recall onto another sheet

Further ideas...

- Reduce it down to a smaller sheet by rewriting only what you still need to commit to memory
- Reduce it down to only images and diagrams

Revision techniques

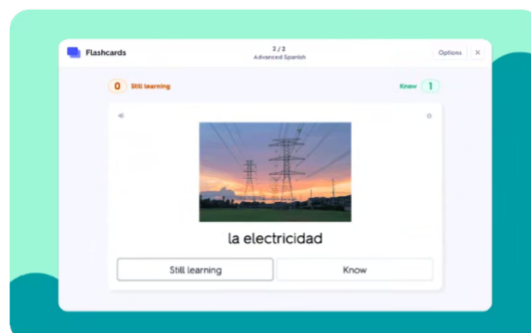
Quizlet

90% of students who use Quizlet report receiving higher marks

Memorise anything with free digital flashcards

Research shows that testing yourself with flashcards is more effective than rereading your notes. Find existing flashcards created by peers and teachers, or create your own in a flash.

Get started



Turn your flashcards into customisable tests. Go beyond memorisation with question types that challenge your recall.



Practise with Learn

Based on spaced repetition principles, Learn mode lets you practice with multiple choice, true or false, written questions and more.



Take a Test

Check your knowledge with practice tests so you're prepared for your exams.



Access smart grading

Quizlet's smart grading feature ensures you aren't marked incorrect for minor mistakes.