

6 Week revision plan – GCSE PE

Wk	Content	Resources	Task
1	Skill v Ability Skill continuums	Classification of movement skills on a continuum - Classification of skill - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Create flash cards on the definitions and also the 4 skill continuums – place 3 sports on each
2	Sponsorship Media	Elite sport, the media and sponsors - Commercialisation in sport - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Give examples of the different types of sponsorship a player might receive Create a mind map of 3 different media types – include the positive and negative effects
3	Diet Obesity Somatotypes	Energy balance equation to maintain healthy weight - Diet and nutrition - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Draw a pie chart showing the % of nutrients that we should have in our diet. What roles do they play. Why do athletes require a different diet to others Create a table of the 3 different somatotypes – include 3 bullet points as to how they look and sports suited to each.
4	Inverted U Motivation (beg v elite) Personality types	Level of arousal - Knowledge and understanding - Mental factors - National 5 Physical Education Revision - BBC Bitesize Gcse PE- Types of personality Motivation - intrinsic and extrinsic - Mental preparation - Eduqas - GCSE Physical Education Revision - Eduqas - BBC Bitesize GCSE PE - MOTIVATION & MENTAL PREPARATION (Intrinsic & Extrinsic) - (Sports Psychology 9.2)	Draw the inverted U and 3 sporting skills of your choice How might beginners be motivated differently to elite players Name 3 different traits of both an introvert and an extrovert – what sports would they typically be suited to.

5	Information Processing model Qualitative v Quantitative data	AQA GCSE PE: The Basic Information Processing Model AQA Paper 2 Use of Data GCSE PE	Draw the info proc model from memory State the differences between Qualitative and Quantitative data
6	Performance Enhancing Drugs Factors affecting participation.	Performance-enhancing drugs and their impacts - Health and safety in sport - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Participation in sport and influencing factors - Social groupings and participation in sport - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Create a table of the different PED`s. Describe the effects on the body and what sports they might benefit. Why are ethical considerations important? Create flash cards on the different factors that affect participation- give examples.