

GCSE PE REVISION

WEDNESDAY 1:30 -2:10

JANUARY 2020 PE5

DATE	TOPIC
WED 8 TH Jan	GCSE FOOTBALL EVE
WED15 th Jan COURSEWORK	IT1 Course work help lunch time After school : RUGBY GAME and NETBALL PLUS Wednesday after school 3:30 -4:30 IT1 Coursework catch up HW club available.
WED 22 rd Jan	Paper 1- Bones . Synovial joint. Muscle contractions
FRIDAY 24TH JAN - COURSEWORK FINAL DEADLINE AND HAND IN TO CLASS TEACHER	
WED 29 TH JAN	P1- Heart, Cardiac Cycle. Vasoconstriction / dilation
WED 5 TH FEB	P1- Respiration. EPOC.
WED 12 TH FEB	P1-Levers, Mech advantages, Plan Axis
Half Term FEB	
WED 26 TH	Lunch time : P1-Data. Testing . Training Principles. RUGBY EVENING 3:30 – 4:30
WED 4 TH MARCH	P1-Training Methods. Zones, Seasons
WED 11 TH MARCH	EXAM TECHNIQUE (& FINALS DAY)
WED 18 TH MARCH	Paper 2- Skill classification
Thursday 19 th Sports awards celebration	
WED 25 TH MARCH	P2 Goal Setting Exam Technique
EASTER- REVISION	
TUESDAY 14 TH APRIL INSET DAY	PRACTICE PRACTICAL EXAM DAY
WED 15 TH APRIL	P2 Arousal/ personality/ motivation P2 Exam Tech
WED 22ND MAY	P2 Performance Enhance Drugs
WED 29TH MAY	P2 Exam Tech
WED 6 TH MAY	P2 Exam Tech