

## OCR A-Level Physical Education

	<b>Action</b>	✓
<b>PREPARE</b>	<p><b>Know what you are studying</b> Ensure that you have a copy of the syllabus and any relevant schemes of work.</p>	
	<p><b>Organise your notes</b> Use headings, subheadings and bullet points and underline or highlight key content. Ensure that you can identify knowledge points (KP), development points (DEV) and examples (EG) as these will be required for the exam.</p>	
	<p><b>Take note of exam suggestions</b> Whether the topic is a common exam topic. The types of questions that will often come up for each topic, e.g. short answer, essay. The more common key words used for each topic, e.g. define, identify, describe. Knowledge points, development points and examples that repeatedly appear on the mark schemes.</p>	
	<p><b>Check your understanding 1</b> At the end of the lesson, read back over your class notes and check that what you have written makes sense. Have you understood what was taught that lesson? If you do not understand what has been taught, speak to your teacher. When you have the opportunity in class, offer an answer as this will allow you to check your understanding.</p>	
	<p><b>Organise your folders</b> You will need a folder for each area (Physiology &amp; biomechanics, Sports Psychology and Socio-Cultural Studies). Split your folder into separate sections for each topic, e.g. Classification of Skills, Stages of Learning. Each topic section should have class notes, revision materials, past paper questions and mark schemes relating to that topic.</p>	
	<p><b>Prepare exam materials</b> Download copies of past papers and mark schemes to use during consolidation and revision work. These can be found on the Assignments Drive in the A-level PE folder.</p>	
	<p><b>Catch up on any missed work</b> Speak to staff, collect additional materials such as hand-outs and copy-up notes. Check for gaps against the syllabus/ scheme of work.</p>	

<b>REFLECT</b>	<p><b>Check your understanding 2</b> At the end of each topic, use independent study time to consolidate your knowledge. Read back over class notes and learn key knowledge points and development points.</p>	
	<p><b>Develop exam knowledge</b> Go through the mark schemes and past paper questions for each topic. Identify the types of questions asked and the structure of exam questions for each topic. Identify the key knowledge points, development points and examples accepted for each question.</p>	
	<p><b>Prepare revision materials</b> Condensed class notes Flash cards Mind maps Cornell notes</p>	
	<p><b>Identify strengths and weaknesses</b> Once you have completed the appropriate consolidation work for each topic, identify whether that topic is a red, amber or green topic for you. If it is a red topic (little understanding) seek the help of your teacher. If it is an amber topic (moderate understanding), take additional time to review and consolidate the content. Understanding will come. If it is a green topic, only revisit the content prior to formal assessments.</p>	
	<p><b>Reflect on performance</b> Following formal assessments, take time to review your performance. In which topics are your understanding and recall good? In which topics do you need to improve your understanding and recall? Are there weak areas in terms of exam technique?</p>	
<b>REVISIT</b>	<p><b>Revisit previous content</b> Regularly reading back over your class notes and revision materials from previous topics will facilitate the consolidation of this content.</p>	
	<p><b>Focus on improving weak topics</b> Spend your time turning red topics to amber, and amber topics to green.</p>	
	<p><b>Apply your knowledge</b> Regularly complete past paper questions. Once you have consolidated your knowledge, past paper questions are the only way to practice applying this knowledge. Identify the key words, what is the question asking? Give relevant knowledge points, development points and examples. Practice writing concise answers against the clock.</p>	
	<p><b>Mark past paper questions</b> Marking your own past papers gives you the opportunity to identify the knowledge points and development points that are accepted by the exam board and those that aren't</p>	