

GCSE PE Plan 1.

Week	Revision plan for half term	Resources
1 (13 th February to 17 th February)	<p>Use the "Year 10 – Term 3" knowledge organiser to revise the Principles of training (SPOR and FITT principle), warm ups/cool downs and planes.</p> <p>Use the Seneca link on the right-hand side to re-study this topic area and then</p> <p>Answer the past paper exam questions on the knowledge organisers without looking at the answers / notes/ internet.</p> <p>Now use a green pen and the knowledge organiser to mark and improve your answers.</p>	<p>Year 10 - Term 3 - principles of training, warm up and planes.pdf</p> <p>Seneca revision links Principles of training - click here</p> <p>Optional past paper: 2017 (sample paper) 1 and Mark scheme to self mark in green.</p>