

Montsaye Academy Revision plans. Year 11 2023

Rationale: to drive up progress of pupils and ensure robust plan of revision and exam preparation

Plan 1 Half term 13th February to 17th Feb

Plan 2 20th Feb to 3rd of March (to include trial exam revision)

EXAMS window.

Plan 3 13th March to 31st March (to include plans for Easter revision)

Plan 4 17th April to the 12th of May (to include bank holidays)

Examples of what to include:

Plan 1 (GCSE PE)

Week	Revision plan for half term	Resources
1 (13 th February to 17 th February)	Use the "Year 10 – Term 3" knowledge organiser to revise the Principles of training (SPOR and FITT principle), warm ups/cool downs and planes.	Year 10 - Term 3 - principles of training, warm up and planes.pdf Seneca revision links Principles of training - click here

<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>Optional past paper:</p> <p>2017 (sample paper) 1 and Mark scheme to self mark in green.</p>
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Plan 2 (GCSE PE)

Week	Classwork	Homework	Resources
1) 20 th February	Principles of training <ul style="list-style-type: none"> - SPOR and FITT principles - Warm ups (5 part warm up) - Cool down (2 part cool down) 	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>Year 10 - Term 3 - principles of training, warm up and planes.pdf</p> <p>Seneca revision link Principles of training - click here</p>

	<ul style="list-style-type: none"> - Types of training (plyometric, continuous, circuit, weight and fartlek.) <p>Practise exam questions and reflections.</p> <p>Volleyball Assessment.</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>Optional past paper:</p> <p>2017 (sample paper) 2 and Mark scheme to self mark in green.</p>
2) 27 th February	<ul style="list-style-type: none"> - Risks and Hazards (locations including, Sports hall, Fitness suite, swimming pool, astro turf, playing fields.) - Characteristics of skilful movement (predetermined, fluent, aesthetic, coordinated, efficient) - Goal setting (Specific, measurable, achievable, recorded time bound, <p>Application of knowledge to past paper questions</p> <p>Badminton Assessment.</p>	<p>Use the "Year 10 – Term 4" knowledge organiser to revise: Risks and hazards, Characteristics of skilful movement and Goal Setting (SMART Targets).</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 4 - Axis, prevention of injury, SMART target, continuums..pdf</p> <p>Seneca revision link:</p> <p>Preventing injury link - click here</p> <p>Goal setting - click here</p>

Notes for trial exams:

You will be sitting two full past papers. During the mock window use your knowledge organisers to recap on your areas for development as identified on your RAG sheets (inside covers of your exercise books).

There is a link on the right hand side for the RAG sheets so you can have a copy at home. When completing this – move left to right.

Use the “exam prep” section of Seneca to get exam ready.

[Knowledge organisers](#) – full set

[Topic lists](#)

[Seneca - Exam prep](#)

Plan 3 (GCSE PE)

Week	Classwork	Homework	Resources
6th March (mock window)	Sports Psychology <ul style="list-style-type: none">- Mental preparation (internal and external imagery)- Positive self talk	Use the “Year 11 – Term 3” knowledge organiser to revise the different forms of mental preparation techniques, feedback and guidance.	Year 11 - Term 3 - Mental preparation, feedback and guidance.pdf Seneca - Sports psychology

	<ul style="list-style-type: none"> - Selective attention <p>Application to sporting examples for each.</p> <p>Application of knowledge to past paper questions</p>	<p>Use the Seneca link to relearn the topic and to complete the questions.</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>Seneca - Guidance and Feedback</p> <p>Optional past paper:</p> <p>June 2018 – Paper 1 and Mark scheme to self mark</p>
<p>1 13th March (mock window)</p>	<p>Participation rates</p> <ul style="list-style-type: none"> - Trends in participation in the UK (climate, gender, disability, ethnicity, religion, low socio-economic, media coverage, role models) - Barriers to participation for all of the groups above. - Solutions to increase participation including Access, promotion and provision for different groups. 	<p>Use the “Year 10 – Term 5” knowledge organiser to revise trends in participation, barriers to participation and solutions to engaging more students in physical activity and sport.</p> <p>Use the Seneca link to relearn the topic and to complete the questions.</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 5 - Participation in physical activity and sport.pdf</p> <p>Seneca link: Sport and Participation in the UK</p> <p>Optional past paper:</p> <p>June 2018 – Paper 2 and Mark scheme to self mark</p>

	Application of knowledge to past paper questions		
2 20 th March	X 2 lessons Aspiration time (taught topics depending on the exam feedback.	<p>Update you Topic lists RAG sheet having reflected on your mocks during aspiration time.</p> <p>Use the knowledge organisers and Seneca links which are relevant to your areas for development as identified in this week's class.</p> <p>Complete the Knowledge recall sheets using the link on the right hand side for the topics you have identified that you need to improve following aspiration time.</p>	<p>Topic lists</p> <p>Recall sheets</p> <p>Knowledge organisers – full set</p> <p>June 2019 – Paper 1 and Mark scheme to self mark</p>
3 27 th March	<p>Deviance in sport.</p> <ul style="list-style-type: none"> - Performance enhancing drugs in sport. Examples: anabolic steroids, beta blocker, stimulants. - Advantages and side affects + links to practical examples. 	<p>Use the "Year 11 – Term 2" knowledge organiser to revise the Deviance in sport. This includes Drugs in Sport, Gamesmanship, and violence. Also study skilful movement.</p> <p>Use the Seneca link to relearn the topic and to complete the questions.</p> <p>Answer the past paper exam questions on the knowledge organisers without looking at the answers / notes/ internet.</p>	<p>Year 11 - Term 2 - Drugs in sport, gamesmanship, sportsmanship and skilful movement.pdf</p> <p>Seneca link: deviance in sport</p> <p>June 2019 – Paper 2 and Mark scheme to self mark</p>

	<ul style="list-style-type: none"> - Consequences of being caught – bans, fines, disqualifications, loss of sponsorship etc - <p>Impact of deviance on the performer and sport itself.</p> <p>Application of knowledge to past paper questions</p>	<p>Now use a green pen and the knowledge organiser to mark and improve your answers.</p>	
<p>Easter revision:</p> <p>Half term revision session details to be announced soon.</p>			

Plan 4 (GCSE PE)

Week	Classwork	Homework	Resources
1 17 th April	<p>Guidance and feedback</p> <p>Guidance: visual, verbal, manual and mechanical</p> <p>Feedback: positive, negative, intrinsic, extrinsic, knowledge of results and knowledge of performance, continuous, terminal,</p> <p>Application of knowledge to past paper questions</p> <p>Pro's and Con's of each method for different learners.</p>	<p>Use the “Year 11 – Term 3” knowledge organiser to revise the topics – Mental preparation, feedback and guidance. .</p> <p>Use the Seneca link to relearn the topic and to complete the questions.</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 11 - Term 3 - Mental preparation, feedback and guidance.pdf</p> <p>Seneca link: Guidance and feedback</p> <p>Optional past paper:</p> <p>November 2020 – Paper 1 and Mark Scheme to self mark.</p>
2 24 th April	<p>Definitions of health, fitness and well being.</p>	<p>Use the “Year 11 – Term 3” knowledge organiser to revise the</p>	<p>Year 11 - Term 1 - Health fitness and well-being - Sedentary lifestyle.pdf</p>

	<p>Consequences of a sedentary lifestyle.</p> <p>CHD, obesity, type 2 diabetes, and the benefits of exercise in preventing these.</p> <p>Diet and Nutrition.</p> <p>Application to sporting examples for diet.</p> <p>Application of knowledge to past paper questions</p>	<p>topics – Mental preparation, feedback and guidance.</p> <p>Use the Seneca link to relearn the topic and to complete the questions.</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>Seneca link - Consequences of a sedentary lifestyle</p> <p>November 2020 – Paper 2 and Mark Scheme to self mark.</p>
3 1 st May	Commercialisation of sport.	Use the “Year 10 – Term 6” knowledge organiser to revise the topics – Commercialisation, diet and nutrition.	<p>Year 10 - Term 6 - Commercialisation and diet and nutrition updated.pdf</p> <p>Seneca learning link - Commercialisation</p>

	<p>The golden triangle – sport, media and sponsorship.</p> <p>Different types of media coverage in the 21st century.</p> <p>Different types of sponsorship in sport.</p> <p>Positives and negatives of commercialisation of sport for sponsors, athletes, the sport and the spectators.</p> <p>Application of knowledge to past paper questions</p>	<p>Use the Seneca link to relearn the topic and to complete the questions.</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>Optional past paper: November 2021 – Paper 1 and Mark Scheme to self assess</p>
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4 8 th May	Revision as identified from RAG sheets + Practise questions.	Optional past paper: November 2021 – Paper 2 and Mark Scheme to self assess
Preparation for exams, to include all revision sessions		