



Year 10 Summer Support 2023-24

Subject		
Advice and support for all Year 10 students		Tick when complete
Regular independent study will aid the recall of knowledge and enhance your skills to ensure targets are met next year		
<ul style="list-style-type: none"> • Use your PLC checklist to guide your study, highlight topics you need to develop your knowledge of. • Download and print off past paper and attempt to complete these in the time set. Use mark schemes online to check your answers • Complete past papers under timed conditions • • Use the independent learning folder resources to build and consolidate knowledge and understanding about key topics. • • Isolated timed questions to build writing stamina with focus on 6–9-mark questions • Make mind maps of topics using ‘topic on a page’ resources in independent learning folder on Teams. • Create revision posters or flashcards that condense your knowledge and link back to key topics. 		
Internet websites and apps for study support		
https://www.bbc.co.uk/bitesize/subjects/znyb4wx http://revisionworld.co.uk/gcse-revision/pe-physical-education https://senecalearning.com/ http://www.echalk.co.uk/PE/PE.aspx		
Study areas to practise or complete	Where to find the information to revise	Tick when complete
Ensure that you can label the major muscles	Independent Learning Folder	
Ensure that you develop your understanding of the skeletal system	Independent Learning Folder	
Ensure that you can label the major bones	Independent Learning Folder	
Ensure you understand the components of the cardiovascular system	Independent Learning Folder	
Ensure you can label the chambers of the heart	Independent Learning Folder	
Ensure that you understand the components of fitness	Independent Learning Folder	
Ensure that you know how to test and train each component of fitness	Independent Learning Folder	
Ensure you understand how the different components of fitness benefit performance in specific sports.	Independent Learning Folder	
Ensure that you understand the principles of training S.P.O.R.T	Independent Learning Folder	
Ensure that you understand how to Overload when training F.I.T.T	Independent Learning Folder	
Ensure that you understand the two different energy pathways	Independent Learning Folder	
Ensure that you understand how to design a training programme for different activities	Independent Learning Folder	
Ensure that you understand the command words. Explain/Describe/Evaluate	Independent Learning Folder	

Ensure that you know how to answer the extended writing questions (6 and 9 Marks) using Point, Evidence, sporting Example.		
Ensure that you can label the major muscles		
Ensure that you develop your understanding of the skeletal system		
Key skills to practise	Where to find support on how to practise	Tick when complete
Ensure that you practice answering the 'long-form' questions worth 6-9 marks in the last section of the exam papers using Point Evidence (Sporting) Explanation	In the Final section of the past papers	