



Yr. 11 NCFE H&F Study Support

Subject		
Advice and support for all Year 10/11 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"> • 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
The skeletal System – functions, joints, types of bones	Independent learning folder on Teams	
The Respiratory System – The components	Independent learning folder on Teams	
The muscular System – the components	Independent learning folder on Teams	
The cardiovascular System – the components	Independent learning folder on Teams	
Energy Systems -aerobic and anaerobic	Independent learning folder on Teams	
The Short Term effects of exercise – 3expected effects	Independent learning folder on Teams	
The long term effects of exercise - benefits	Independent learning folder on Teams	
The definitions of health and fitness. What’s the difference?	Independent learning folder on Teams	
Principles of training and S.P.O.R.T	Independent learning folder on Teams	
Understand the concepts of interval and Continuous training	Independent learning folder on Teams	
Understand how to maximise the efficiency of your work out	Independent learning folder on Teams	
Understand effective goal setting	Independent learning folder on Teams	
Understand how to effectively analyse fitness results	Independent learning folder on Teams	

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	Past papers section of the independent learning folder on Teams	