

Year 11 Homework/revision schedule 2019-20

PHYSICAL EDUCATION

Revision techniques:

In 2013, research from four universities published a review of hundreds of studies that explored the most effective strategies to lead to long-term learning.

What works:

- **Hard work** gets grades. Students that spend at least two hours a night on their homework/revision are statistically more likely to get better grades. It is important that you follow the homework/revision schedule set by the teachers.
- **Retrieval practice** (the testing effect) requires you to answer a question. It is proven to be the most effective revision strategy. Examples of strategies used in retrieval practice are:
 - Use flashcards (Quizlet) and quizzing to practise recalling information from topics.
 - Use mind-maps, knowledge organisers, or Cornell notes to quiz – read, cover, write. You are aiming to recall all of the information on the revision resource in order to reproduce it from memory.
 - Answering short retrieval questions or multiple choice quizzes
- **Spacing** involves learning a little information regularly, rather than trying to learn a lot in a single day. Recent research has found that the use of spacing resulted in a 10% to 30% difference in final test results compared to students who did lots of cramming. Spacing out revision gives you enough time to forget previously learnt information, meaning that when this information is re-visited and re-learnt it is more likely to be transferred to your long-term memory. We have adapted the homework schedule so that tasks will be broken up into 30-40 minute chunks. This allows time for you to forget, quiz and recall information. Each subject may set all weekly tasks at one time but you should organise your daily schedule so that you are breaking the tasks up into chunks throughout the week.
- **Interleaving** involves mixing up the topics you will study within a subject. Recent research has shown how effective this technique is. Interleaving helps you make links between different topics as well as discriminate between different types of problems.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Option D	Option A	Option B	English	Option C		Maths
Maths	English	Science	Maths	Science		English
Science	Science	Option C	Science	Option B		Science
Independent revision	Independent revision	Option D	Option A	Independent revision		MFL

Your teachers have prepared a revision programme that incorporates all of the techniques mentioned above. The homework set from January until June will be the minimum amount of revision required in preparation for the GCSE examinations.

Remember, when completing any independent revision, these strategies do not work:

- Re-reading your notes
- Highlighting your notes
- Making summaries of your notes

The schedule below shows what tasks should be completed in the weeks leading up to the GCSE examinations

Y11 PE Revision Timetable	January	February	March	April	May
	<p>Week beg: 6th Jan Task 1: Flashcards- Structure and function of the skeletal system</p> <p>Task 2: Flashcards- Diet and nutrition</p> <p>Task 3: Exam Question- Using practical examples from sport, explain the principles of training and goal setting to optimise a personal training programme.</p>	<p>Week beg: 3rd Feb Task 1: Practical 2 x clubs</p>	<p>Week beg: 2nd March Task 1: Quiz- Structure and function of the Skeletal system</p> <p>Task 2: Quiz- Levers, axis and planes of movement</p> <p>Task 3: Exam questions media and commercialisation</p>	<p>Week beg: 6th April (Easter) Task 1:Paper 1</p> <p>Task 2:Flashacrdcs exam 2</p>	<p>Week beg: 4th May Task 1:starter quizzes3x30minutes</p>
	<p>Week beg: 13th Jan Task 1: Quiz- Structure and function of the muscular system</p> <p>Task 2: Quiz- Health, Fitness and well-being</p> <p>Task 3: Exam Question-Using practical examples, explain the benefits of using mental preparation techniques in a warm up before a sports competition. In what ways does a warm up physically benefit the sports performer?</p>	<p>Week beg: 10th Feb Task 1: Practical 2 x clubs</p>	<p>Week beg: 9th March Task 1: Flashcards- Respiratory system</p> <p>Task 2: Quizzing- Types of feedback</p> <p>Task 3: Exam questions exam 1</p>	<p>Week beg: 13th April (Easter) Task 1:Paper 2</p> <p>Task 2:Flashcards exam 1</p>	<p>Week beg: 11th May Exam Week</p> <p>Paper 1 – Wednesday 13th May pm</p> <p>Paper 2 – Friday 15th May pm</p>
	<p>Week beg: 20th Jan Task 1: Flashcards- Cardiovascular system</p> <p>Task 2: Quizzing- Types of guidance</p> <p>Task 3: Exam Question- Research in the UK has shown that physical activity levels reported for females between 11 and 14 years of age are generally low:</p> <p>45% of sample engaged in no vigorous activity over 4 days. 30% did less than 20 minutes activity a day</p> <p>Discuss possible reasons for the low participation levels for these 11–14 year old females and the long term physical effects that such low levels of activity could have.</p>	<p>Week beg: 17th Feb (half term) Task 1:Paper 1</p> <p>Task 2:Paper 2</p>	<p>Week beg: 16th March Task 1: Quizzing- participation in sport</p> <p>Task 2: Quizzing- skill classification</p> <p>Task 3: Flashcards Health and diet</p>	<p>Week beg: 20th April Task 1: Quizzing- the effects of exercise on the body systems</p> <p>Task 2: Quizzing- SMART Goals</p> <p>Task 3:Flashcards principles of training</p>	

<p>Week beg: 27th Jan Task 1: Quizzing- Respiratory system</p> <p>Task 2: Quizzing- Types of feedback</p> <p>Task 3: Exam Question- Using practical examples, explain how a personal trainer might reduce the risk of injury to a participant when delivering a training session in a fitness centre.</p>	<p>Week beg: 24th Feb Task 1: Flashcards- Structure and function of the Cardiovascular system</p> <p>Task 2: Flashcards- Muscular system</p> <p>Task 3: Exam Question- Using practical examples from sport, explain the principles of training and goal setting to optimise a personal training programme.</p>	<p>Week beg: 23rd March Task 1: Quizzing- Data validity</p> <p>Task 2: Quizzing- training methods and fitness testing</p> <p>Task 3: Exam questions participation trends</p>	<p>Week beg: 27th April Task 1: Quizzing guidance</p> <p>Task 2: Flashcards A&P</p> <p>Task 3: Exam questions</p>	
		<p>Week beg: 30th March Task 1: Quizzing- injury prevention in sport</p> <p>Task 2: Quizzing- movement analysis</p> <p>Task 3: A&P longer answer questions</p>		

Retrieval practice (the testing effect) requires you to answer a question. It is proven to be the most effective revision strategy. Examples of strategies used in retrieval practice are:

- Answering short questions
- Flashcards (or Quizlet)
- Quizzing (from knowledge organisers)
- Getting people to test you

Interleaving involves mixing up the topics you study within a given subject. Recent research has shown how effective this technique is

Spacing involves learning a little information regularly, rather than trying to learn a lot in a single day.

Revision advice:

- Eat breakfast
- Positive mind-set
- Be resilient
- Put your phone away
- Turn off the TV and music
- Get a good night's sleep – every night!
- Take breaks