

## Year 13 PE Revision Timetable 2020

Below is a suggested schedule of activities in order to structure your revision over the February half term.

Practising exam questions and learning the content of the mark schemes is an excellent way of preparing for all three papers in the run up to the exams.

Day	Time	Topic Area	Complete? Tick
Monday	1 hour	Physiology-year 1 (1 topic)	
Tuesday	1 hour	Socio-cultural	
Thursday	1 hr 25 mins	Physiology-year 2 (1 topic)	
Friday	1 hour	Psychology	

### Paper 1, 2 & 3-suggested topic areas:

#### The Cardiovascular System at rest and during exercise

#### Global Sporting Events

#### Energy

#### Memory Models

Day	Revision Tasks
<b>1</b>	<p>Focus: <b>The Cardiovascular System at rest and during exercise</b></p> <p><b>5min:</b> Warm up – brainstorm everything you can remember about the CV system  <b>10min:</b> Test yourself on relevant key terms (stroke volume, cardiac output, heart rate, cardiac cycle, mechanisms of venous return, vascular shunting etc).  <b>15min:</b> Use revision cards/notes to test yourself on these key terms and the difference between them at rest and during exercise.  <b>5min:</b> Break – get up and walk around, do something nice for yourself  <b>10mins:</b> Answer exam question  <b>10 min:</b> Mark using the mark scheme. Learn the content of the mark scheme by testing yourself.</p> <p><b>Practice Questions:</b> At the start of an endurance cycling event a cyclist will experience a redistribution of cardiac output. Explain how and why the vascular shunt mechanism redistributes blood in a cyclist as they begin cycling at the start of the event. (5 marks)</p>
<b>2</b>	<p>Focus: <b>Global Sporting Events</b></p> <p><b>5min:</b> Warm up – list all the global sporting events and dates you can remember.  <b>15 min:</b> Test yourself on relevant dates and events e.g. (1896) • political exploitation of the Olympic Games – Berlin 1936, Third Reich Ideology – Mexico City 1968 ‘Black Power’ demonstration – Munich 1972 Palestinian terrorism – Moscow 1980 boycott lead by USA – Los Angeles 1984 boycott by Soviet Union, positive and negative impacts on the host country/city of hosting a global sporting event (such as the Olympic Games or FIFA World Cup).  <b>15min:</b> Use revision cards/notes to test yourself on these key terms and dates.  <b>5 min:</b> Break – get up and walk around, do something nice for yourself.  <b>10min:</b> Answer exam question.  <b>5 min:</b> Mark using the mark scheme. Learn the content of the mark scheme by testing yourself.</p> <p>Explain how the Olympic Games of 1936 in Berlin and 1968 in Mexico City were exploited for political reasons. (6 marks)</p>

3	<p>Focus: <b>Physiology year 2- Energy</b></p> <p><b>15min:</b> Warm up – list all three energy systems, the number of ATP they produce, the stages, the thresholds, the advantages and disadvantages of each system, the energy continuum,  <b>10min:</b> Test yourself, practice saying the stages aloud.  <b>15min:</b> Use revision cards/notes to test yourself on these key systems.  <b>10 min:</b> Break – get up and walk around, do something nice for yourself  <b>25mins:</b> Answer exam question including a five minute planning period  <b>5min:</b> Plan</p> <p>(d)* A football player uses all the different energy systems to resynthesise ATP during a game. Critically evaluate the energy systems that the footballer would use to resynthesise ATP during the game. Explain the factors that might affect when each energy system is used by the footballer. [20]</p> <p>Read the mark scheme, add other information and points you missed. Test yourself on the content.</p>
4	<p>Focus: <b>Memory models</b></p> <p><b>10min:</b> Warm up – brainstorm everything you can remember about each memory model.  <b>10min:</b> Test yourself on relevant models- Atkinson and Shiffren’s multi-store memory model • use of selective attention • Craik and Lockhart’s levels of processing model • relate both models to learning and performing physical activity skills.  <b>15min:</b> Use revision cards/notes to test yourself on these models and practice drawing them out.  <b>5min:</b> Break – get up and walk around, do something nice for yourself  <b>10mins:</b> Answer exam question  <b>5min:</b> Mark using the mark scheme. Learn the content of the mark scheme by testing yourself.</p> <p>Practice Questions: Evaluate this multi-store approach to memory. (4 marks)</p> <p>Learn the content of the mark scheme. Practice saying the content out loud.</p>

**Extension Revision – Read, write down and learn each equation in the biomechanics topic.**