



Sydenham Year 10 into 11 Interventions Strategy

Summer Project - Forming Good Habits

Revision Guidance for Physical Education

You need to learn the information in the four revision grids:

- Skeletal System
- Muscular System
- Cardiovascular System
- Respiratory System.

To do this you should start by reading over the revision grid and then turn the information into a mind map for each topic.

A few days later you can test yourself by seeing how much of the mind map you can recreate from memory.

Then create Flash Cards for each specific piece of information (remember to put a question or prompt on one side of the card and the answer on the other)

The most important thing to do is to **USE** the Flash Cards for Retrieval Practice. That means asking yourself the question on one side of the card, trying to remember the answer and then checking the answer. Use a friend or relative to help you with this. The facts will transfer into long-term memory as secure knowledge if you keep trying to remember it.

Once you feel comfortable that you can remember all the key facts see if you can apply them to exam style questions. Download and complete the Practice Exam Paper. We will share model answers with you in September so you can see how you did.