



Sydenham Year 10 into 11 Interventions Strategy

Summer Project - Forming Good Habits

Revision Guidance for Physical Education BTEC Sport

You need to continue to revise Unit 1: fitness for Sport and Exercise using your revision guides and the revision sheet provided.

To do this you should **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)

Once you feel this information has been retained through retrieval practice then **create 3 mind maps** on the following sports:

- Badminton
- Netball
- A sport of your choice

The mind maps need to include:

- Components of fitness (including definitions and why it is important for that sport)
- Principals of training (including rate of perceived exertion RPE and training zones)
- Methods of training most appropriate for this sport
- Fitness tests (including advantages and disadvantages)

Use the model mind map on swimming to help you to do this.

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

The most important thing to do is to **USE** the Flash Cards and the Mind maps for Retrieval Practice. That means asking yourself a question and 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.