

PE

To maximise your chances of success in A level physical education we suggest you:

1. Commit to improving your practical – join a sports club.
2. Ensure you complete the assessments in your best sports even if it does need extra commitment to attend assessments or to do a video! Sports needing video evidence are due in by **January 7th 11am** in the sports hall. Stick to the deadline!
3. Look on the department intranet for answer booklets to fill any gaps in your knowledge.
4. Look on the department intranet for past exam papers and answers to practice.
5. Complete ALL your homework, using your notes as reference to the BEST of your ability.
6. Add corrections when your teacher goes through the work or gives you a model answer.
7. Attend ALL lessons.
8. If you miss a lesson – catch up your work before the next lesson.
9. Practice putting your theory work into examples when you are performing / watching sport
The more familiar you are with it, the easier learning it becomes.
10. Read around the subject – there are books / journals / magazines in the library and on the intranet site.
11. Allocate ONE study block a week to PE on your timetable to use to condense your notes as you go. Leaving this until Easter will be difficult.
12. Explain a topic to someone else – the best way for you to reinforce your learning is to teach someone else.

“It is not that I'm so smart. But I stay with the questions much longer.” [Albert Einstein](#)

[“I hated every minute of training but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion’”](#)
[Muhammad Ali](#)