

# OCR GCSE Physical Education Revision Techniques

## Avoid, Avoid, Avoid ...



Below are techniques that have been proven less effective when revision for exams:

- Highlighting notes
- Re-reading notes
- Summarizing Test/notes

## Flashcards

The premise of this is simple – put information on one side of the flashcard, with corresponding information on the other. This information is there to **test your knowledge**.

**Quizlet** – website that can be used to create flashcards - <https://quizlet.com/latest>

**Leitner Method** – a method used to set goals and check progress

<https://www.youtube.com/watch?v=C20EvKtdJwQ>

## How can they be used in PE?

**AO1** (Knowledge & Understanding)

**Key Terms** – Have a key term on one side and the definition on the other

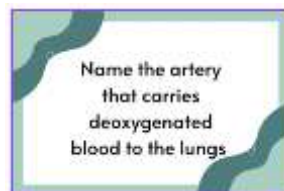


**AO2** (Practical Examples)

**Practical Examples** – Key term/concept on one side and 2 practical examples on the other



**Self-test** – Create questions on one side and answers on the other



## Spider Mapping

Can be used to show different sections of a topic. It's a quick way to get the information on paper. It can also be used to link other topic together.

**How to use in PE** – create a spider map on the following topics, showing their link to each other

- Blood vessels, vascular shunt, aerobic exercise



## Retrieval Practice

Testing what you know is vital in PE. The important aspect is being able to recall previous learning **from memory**. There are various methods to test yourself:

- True or False questions
- Multiple choice
- Past paper questions (focus on 1-2 markers to start)
- If this is the answer, what is the question?
- Spot the mistake



### 'What else could they ask?'

Everytime you create/are given a question, always ask yourself 'what else could they ask?'. e.g.

Q1. Give a practical example of visual guidance. Answer – a coach demonstrating how to perform a lay-up in basketball

'What else could they ask?'

- Give a practical example of mechanical/verbal/manual guidance
- Name 2 advantages of visual guidance
- Name 2 advantages and 2 disadvantages of visual guidance
- Etc....

**Hint:**

**It is good practice to write the question down before answering, at all times**

## Closed Book Note Taking

If you can't quite break the habit of making notes, instead of copying directly out of the textbook, try to learn a topic before writing out how you would explain the key points and key concepts in your own words but with the book closed. Once you've written down as much as you can remember, open the book and add the parts you missed.

## Command Words

Knowing the exam words helps with what is expected when answering questions.

Command words	Meaning
Analyse	Separate information into components and identify their characteristics. Discuss the pros and cons of a topic or argument and make reasoned comments.
Compare	Show the similarities and differences.
Define	Give the meaning of.
Describe	Give a detailed account of.
Discuss	Explore the subject by looking at the advantages and disadvantages
Explain	Describe, giving reasons and causes.
Evaluate	Give an opinion by exploring the good and bad points.
Identify	Recognise or prove something as being certain.
Outline	Concentrate on the main points of the topic or item.

