

How You Can Help Your Child Revise Effectively in

For some of our students, formal exams have been something they have not completed regularly or at all. In order to support you to support them effectively at home, we would like to give you the following information:

The Topics your child will be tested on are:

- Types of sports requiring specific physical and skill related components of fitness.
- The basic principles of training: FITT
- Additional Principles of training.
- Exercise intensity and how it can be determined.
- The importance of fitness testing.
- Fitness testing methods for components of physical fitness and skill related fitness.

Suggested Revision Focus:

Week commencing	Focus
09th December	The types of sports requiring specific physical and skill related components of fitness: Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, agility, reaction time, balance, coordination.
16th December	The basic principles of training: Frequency, Intensity, Time and Type (FITT). Additional Principles of training: Progressive overload, specificity, individual differences, adaptation, reversibility,
06th January	Exercise intensity and how it can be determined Intensity – Heart Rates, relation to training methods Target zones and training thresholds The Borg (6-20) Rating of perceived exertion The relationship between RPE and heart rate. 1 repetition max Technology used to measure intensity
13th January	Importance of fitness testing: reasons for fitness testing and pre-test procedures, reliability, validity, practicality, use of published data, accurate measuring and recording of results
20th January	Fitness test methods for components of physical fitness: Aerobic Endurance and Muscular Endurance, Flexibility, Speed, Muscular Strength and Body Composition.
27th January	Fitness test methods for components of skill related fitness: Agility, balance, coordination, power, reaction time.
03rd February	Examination question practice.

Recommended revision sites/resources:

Past examination papers - TEAMS

Sample assessments - TEAMS

CPG Revision guide – Students have their own copy

CPG Revision booklet – Students have their own copy

BTEC Sport Textbook – Students have their own copy

Pupil power point presentations – TEAMS/student files

Retrieval and plenary tasks – TEAMS/students files

Knowledge organisers for each learning outcome – TEAMS

Hints and Tips:

Check mark allocation on each question

Check command words: State, identify apply, explain.

Ensure you state HOW performance is improved when using sporting examples. BE SPECIFIC

Include full calculations.

Explain using sporting examples

All Y11 mock exams will take place between Wednesday 5th February and Friday 21st February 2025