**PE Revision**

**Step 1 – identifying weaknesses**

* Use traffic light document to identify areas that require development.
* Use specification to gain full understanding of what needs to be covered and key terms linked to specific content.

**Step 2 – developing knowledge**

* Use the following resources to develop knowledge
  1. Class notes
  2. Revision guide
  3. Topics on a page

**Step 3 – active revision (examples below)**

* Write the definitions of VE, TV, f
* Chart the movement of blood round the pulmonary and systemic systems.
* Name 3 different types of blood vessel and be able to describe them.
* ¼ page short- and long-term effects on heart, respiratory system, vascular system and muscles.
* Draw levers and label class, type of movement example in body.

**Step 4 – exam preparation**

* Complete past paper questions using the questions divided into different sections of the specification.
  1. Answer questions under timed conditions
  2. Review answers using mark schemes
  3. Write perfect answer – if you want to write a perfect answer in the exam, you need to practice it!