

Independent Learning in Physical Education look like?



After Every Lesson

1. File all your notes and handouts, ensuring they are organised into the correct module and topic area.
2. Highlight your notes, identifying new keywords, terms and theories
3. Review your notes and add identify any topics you do not understand fully
4. Read the relevant chapter in your revision guide.
5. Complete the relevant pages in your module work books

Weekly

- Complete all directed study tasks set on class charts
- Ensure all articles and reading review sheets are fully completed and filed
- Ensure your notes are complete, up to date and organised. Make sure your notes are separated into topics by file dividers.
- Use your revision guide to embed knowledge
- Complete the 'testing yourself' questions to make sure you have retained that knowledge.
- Highlight topics you do not understand. Check the relevant point with the resources you have been given. If you are unsure, check with the teacher
- Apply relevant theory topics from all modules to your oral analysis coursework script

Fortnightly

Read articles from the 'PE Focus' journal and news stories on the PE department 'X' page .
Watch live sport and keep up to date with current issues in sport related topics.
Review lesson material on class charts and create and use revision materials such as flashcards and knowledge organisers to prepare for future assessments

Half-Termly

Complete past papers questions and use the mark scheme to self-assess your work. Refer to the course specification, review your understanding of previous topics. Review and attempt questions on topics you are unsure about.
Log your competitive performances in your selected activity.
Obtain video evidence of performance in your selected activity.

Resources

- OCR revision guide
- OCR - <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>
- OCR - <https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf>
- Heckmondwike Grammar PE Dept page on X - @pe_hgs
- PE Focus publication
- Module work books