

45 Steps to PE-rfection

Paper 2

Follow this plan and you will cover the whole syllabus. The time slots are recommendations but obviously it is up to you to fit them into your day (perhaps set a time 4pm every day or before bed). Also listed are a range of techniques you can use to ensure you don't suffer from tedium. Find what works for you and go with it. Obviously if you need support or have any questions come see Mr Marsh!

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Week 1 1st April					Skill and Ability Classification of skill	15 mins	Personality Types & Motivation	10 mins	Sponsorship – types and impact	15 mins	Etiquette, sportsmanship , gamesmanship and contract to compete	20 mins	Energy Use	15 mins
Easter Holidays 8th April	Obesity and BMI	20 mins	Physical, mental & social health and well- being	15 mins	Performance enhancing drugs	20 mins	Nutrients in a balanced diet	15 mins	Obesity and BMI	10 mins	Aggression - types	10 mins	Maintaining water balance	15 mins
Easter Holidays 15th April	Arousal and managing it	25 mins	Types of feedback	15 mins	Commercialisation of physical activity and sport	20 mins	Somatotypes	25 mins	Information Processing	10 mins	Consequences of a sedentary lifestyle	20 mins	Performance enhancing drugs - types	10 mins
Week 2 22nd April	Information Processing	20 mins	Types of goal and SMART goals	20 mins	Sponsorship – types and impact	15 mins	Types of feedback	20 mins	Energy Use	15 mins	Maintaining water balance	10 mins	Types of guidance	15 mins
Week 1 29th April	Etiquette, sportsmanship , gamesmanship and contract to compete	10 mins	Types of technology and impact	20 mins	Arousal and managing it	20 mins	Spectator behaviour	20 mins	Social Groups and factors affecting participation	10 mins	Types of feedback	15 mins	Impact of age on participation	20 mins

Week 2 6th May	Types of technology and impact	15 mins	Skill and Ability Classification of skill	20 mins	Personality Types & Motivation	15 mins	Social Groups and factors affecting it	20 mins	Types of media	15 mins	Spectator behaviour	20 mins	Nutrients in a balanced diet	15 mins
Week 1 13th May	Performance enhancing drugs – advantages and disadvantages	10 mins	Types of goal and SMART goals	20 mins	Impact of media and sponsorship	10 mins	Types of guidance	20 mins	1.30pm Theory Exam					

From 3rd of April you have 45 days until you will be sitting Paper 2!