

# Physical Education Department Year 11 Health & Fitness Newsletter

Exam Date (40% Grade):

**11<sup>th</sup> March 2020** at 9am.

Topics to revise (all of which can be found in your Knowledge Organiser):

**Bones**

**Joints**

**Muscles**

**Respiratory System**

**Cardiovascular System**

**Energy Systems**

**Effects of exercise on the body**

**Fitness Components**

**Principles of Training**

Useful Websites:

<https://www.bbc.co.uk/bitesize/topics/ztckjxs>

<https://www.brianmac.co.uk/>

<https://www.btecpe.com/unit-1>

Synoptic Deadlines (60% Grade):

Task 2 – 27<sup>th</sup> February 2020

Task 3 – 20<sup>th</sup> March 2020

Task 4 – 2<sup>nd</sup> April 2020

Revision Tips:

1. Start revising NOW!!
2. Make some revision notes (stick them around the house, create a Mind Map, design cue cards)
3. Use your Knowledge Organisers! Answer the review questions and make notes!
4. Collect past papers and end of topic tests from Mr Sisson!
5. Come to Sport intervention on Tuesday nights!
6. Use metacognition to collate what you know – particularly on the Respiratory and Cardiovascular Systems.
7. Avoid distractions – lock your phone away!!

Useful YouTube Videos:

Mr B Components of Fitness

Mr B Principles of Training

Mr B – Short Term Effects of Exercise

Mr B Aerobic vs Anaerobic Energy Systems

Operation Ouch – the Diaphragm

Operation Ouch – Guess that Muscle