Hayesfield GIRLS' SCHOOL | MIXED SIXTH

Hayesfield Revision The Right Way

Subject: NCFE Health and Fitness

D	T	T	R
Diagnose	**Therapy**	**Test**	**Revisit**
You find out where your knowledge gaps are	You implement revision strategies to fill the knowledge gaps	Find out has the knowledge been retained (has it stuck?)	You need to build regular links to each topic area into your revision plan to support the development of cognitive load
RAG your PLC (Only focus on one topic) CA1 PLC CA2 PLC CA3 PLC: Health and Fitness and the components of fitness CA4 PLC: Principles of Training CA5 PLC: CA6 PLC: Impact of lifestyle on health and fitness CA7 PLC: Applying health and fitness analysis and setting goals CA8 PLC: Applying health and fitness analysis and setting goals	Revision strategies 1. CA1 Revision Mat CA2 Revision Mat CA3 Revision Mat CA4 Revision Mat Lesson PPT's 2. Flashcards 3. Mind Map 4. Easter Support *Should involve memory tasks or should focus on transforming information into a more usable format.	Follow this process: Step 1: Test your knowledge Everlearner: Skeleton Everlearner: Muscles Everlearner: Respiratory System Everlearner: The Heart TheEverlearner.com (see Miss McCarthy if you lose password) Watch videos and complete knowledge checks. Step 2: Complete Exam Questions Exam Paper 2024	Key points: 1. Use code marking when answering questions (E.g. K, AN, AP, EV) 2. You should be drip feeding revision in now 

Achieving ambitions

		Tests and exam questions - Google Drive Step 3: Review your progress using mark-schemes	