

When studying A-level PE, it is important that you not only attend all of your lessons and complete all of your homework, but that you are also doing independent study. We would recommend that you are spending at least 5 hours a week on your independent study. In order for this study to be of maximum benefit it is important that you do a range of different activities, you should be doing some from each of the boxes below. In addition, if you would like to stretch yourself beyond the A-level curriculum then have a look in the super-curricular box for ideas.

### Content

*One important part of independent study is making sure you have learnt all of the content, below are some suggestions of things you can do to help learn the content in PE A-level:*

*After each lesson:*

- ✓ *Reviewing previous lessons using your notes and the student textbook to create summary notes and/or flashcards*
- ✓ *Asking classmates about content you may have found difficult or missed due to absence*
- ✓ *Utilise the power points explained in class*

*After each topic:*

- ✓ *Creating mind maps about topics you have finished e.g. "Anatomy and Physiology"*
- ✓ *Completing the revision questions at the end of each chapter in the student textbook*
- ✓ *Highlighting/ colour coding your notes*
- ✓ *Using a revision wall to display your learning*

### Skills

*Another important part of independent study is developing the skills to be able to succeed in the exams. Below are some suggestions to help you develop those skills:*

- ✓ *Completing and self-assessing the exam questions you are directed to by your teacher*
- ✓ *Completing additional exam questions from websites like PE scholar and AQA exam board*
- ✓ *Devising your own exam questions*
- ✓ *Completing past papers under timed conditions*

### Feedback

*The final important part of independent study is getting and using feedback. Feedback allows you to understand what it is you need to do differently next time in order to improve. Below are some ideas about how you can use feedback:*

- ✓ *Working with other students in groups/pairs*
- ✓ *Handing in extra exam questions you have done for marking*
- ✓ *One-to-one discussions with your teachers*
- ✓ *Reviewing previous mock papers to find areas of weakness to work on*
- ✓ *Attending sessions to catch up on any assessed practical you missed due to absence*

### Super-curricular PE

*If you were considering studying PE at university, or just really interested in the subject, then you could complete some super-curricular activities. These go beyond what is covered in the curriculum and includes things such as:*

- ✓ *Reading popular sport books or publications*
- ✓ *Attending Sport extra-curricular trips*
- ✓ *Read Popular Sport magazines – 'Runner's world, 'Four, four, two.'*
- ✓ *Watching sporting videos for analysis of performance, deviance in sport, socio-cultural influences etc.*