

## PE

### AFTER EVERY LESSON

Skill Acquisition/Sport Psychology:

- File all your notes and handouts, ensuring they are organised into the correct section of your folder
- Ensure all key words are highlighted and have been added to your key word bank for that topic area
- Ensure all lesson notes have been completed according to the information provided to you
- Ensure feedback questions/tasks are completed
- Re-read your lesson notes to consolidate your learning

### REGULARLY

- Make sure that you complete weekly homework tasks promptly to avoid falling behind
- Catch up on any class work missed
- Create revision material as we go through the content (mind maps, cue cards) to support all Learning Outcomes
- Refer to the learning outcomes booklet to inform revision
- Create potential exam questions with the use of your learning objectives booklet/s
- Attempt past papers once all content has been delivered. (Aru to distribute)
- Come to lessons prepared with any misunderstandings you might have from your previous lesson.

### PERIODICALLY

- **Continue to build mind maps, cue cards for topics across all x3 papers.**
- **Utilise worksheets provided from lessons to aid revision.**
- **Complete EverLearner tutorials on any topics you have found challenging.**
- **Use set readers to aid understanding set out by teacher.**
- **Complete EverLearner quizzes on a variety of different topics.**

