

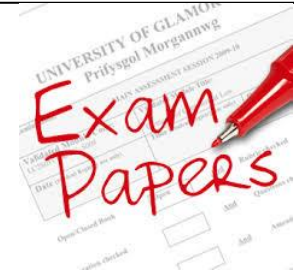
GCSE PE Revision Guide



Making the most of your revision

1. Answering past paper exam question

- Don't just copy the answers! Try them without your notes!
- Mark your answers – learn from your mistakes!
- **ALWAYS** give practical examples.
- Check how many marks a question is worth – 8 marks means you make 8 points!
- Underline key words!



2. Chunking

- Chunking is breaking up a big piece of information into smaller chunks rather like steps in a ladder.
- It can be used for numbers and words.
- A good example is to make a list with either bullet points or numbers.

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3. Mnemonics

- Mnemonics help you to remember by using short words that stand for something to help you.
- E.g. SPORT or FIT

4. Re-writing or condensing your notes.

- Simply re-reading your notes is a very ineffective way to revise.
- Creating posters, drawing mind maps or discussing a topic with friends will help you remember what you've studied.



4. Using colour

- Create colourful A3 posters or mind maps.
- Your brain just adores **colour** and will **remember** things much more easily **if you use it**.
- E.g. put all the important words in **red**, the important concepts in green, important dates in purple etc

5. Key Words

- A list of key words is a great way to test knowledge
- Learn definitions
- Quick glance revision.

6. Flash Cards

- Good to condense notes.
- Helpful for key topics.
- Handy to use with friends and family!

7. Post – its

- Single words/ phrases to trigger information!
- Stick them around the house – revising will seem like less of a chore!
- Group various things together.
- Organise them into what you know and don't know – rearrange as you learn more.
- Follow trends or themes.



and remember to take a break!