

Ten top tips to succeed in Physical Education

- Ensure that you start to explore your practical options as soon as possible and then practice. This will help you to build skills early so that you can achieve the highest mark possible.
- If you wish to develop another role such “coaching” as your practical mark please speak to your teacher as soon as possible. There are lots of opportunities within the school and college to take advantage of.
- Attend all lessons! If that is not possible, you need to take responsibility for catching up on any work that you have missed.
- Be prepared to contribute to debates and topics in lessons. Your experiences will bring the subject to life and help make the content memorable.
- Keep clear and organised notes. There are a lot of different sections/topics and your notes will form the basis of your revision.
- Ask/Look for extra reading on topics. It will help you push for higher grades.
- Revision is not just for the build-up to an exam; it needs to be a constant and on-going process.
- Ensure that you know where to access old exam questions and use them to help you gain experience answering specific topics.
- Take an interest in Sport: read the sports section of the Sunday Paper; watch Sky Sports News; browse the internet eg BBC sport. This will help keep the theories and concepts relevant.
- Do not be afraid to ask for help! All your teachers will be happy to offer as much support as possible to help you!

And a few tips from our students:

- Keep your notes neat and well organised. Trying to sort them at the end of the year is a real pain and time consuming!
- Play or participate in your practical activities as often as you can.
- Use past paper exam questions and then mark them.
- Talk to your teachers about any problems. They will really try to help you.
- Try to organise your work so that you don't leave work to the last minute.