Subject	Physical Education	
Title/Topic	**Format**	**Length**
Physical Education – Section A	1 written exam (multiple choice, short and long answer questions) 35 marks	45 mins
Physical Education – Section B	1 written exam (multiple choice, short and long answer questions) 35 marks	45 mins
Physical Education – Section C	1 written exam (multiple choice, short and long answer questions) 35 marks	45 mins

In this assessment the topics I will be assessed on are…

Section A

- Diet and nutrition
- Periodisation
- Warm up/cool downs
- Supplements
- Proprioceptive Neuromuscular Facilitation (PNF)
- Training Types
- Components of fitness

Section B

- Skill
- Skill classifications
- Transfer of skill
- Methods of training

Section C

- Popular and Rational recreation
- The church and their role
- The British Empire
- NGB's
- Amateur & Professionals (19th Century)

What should I do to revise and prepare for this assessment?

To prepare for this assessment:

1. Use Section specific booklets (Section A, B and C)
2. Knowledge Organisers
3. Dynamic Learning book

What useful websites/resources could I use to help me prepare?

1. Revision notes
2. A-level booklets
3. Knowledge Organisers
4. Dynamic Learning PowerPoint (available on the student drive)