

Year 10 Revision Booklet

June 2021



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Message from Director of Learning

Dear year 10,

We are quickly approaching your second and final rank assessments of Year 10, in preparation for the strongest start possible in Year 11. This is your opportunity to show yourselves, your parents/carers and your teachers how much you have risen to the challenge of achieving your potential at St Matthew Academy after all the barriers you have faced in the last year. You will be examined in all subject areas under formal exam conditions. These are the results that will inform your teachers of how to support you best when embarking on your final but most important part of your journey here in the Academy. These results will help you gauge how effective your efforts have been and inform you of what you will need to do to really stretch yourself and reach your full potential in efforts to make yourself and your parents proud of how far you have come.

Your teachers have prepared detailed guides for their subjects so that you best prepared to complete independent revision.

Make sure you look carefully through the booklet and act upon the advice given.

Make sure you are prepared by checking you have all the correct equipment and are revising with a detailed, planned, structured and extensive revision timetable. You can get help from your teachers, tutors, parents/carers or older siblings and pupils.

Remember if you want something badly enough...you will always work out how to get it!!

Good Luck!

Miss Cefai



Timetable

Day	AM Exam 9:00am		PM Exam 1:00pm		
	Subject	Duration	Subject	Duration	
	English Language	1h 30mins			
Mon 14 Jun	Spanish Higher	1h 15mins	Matha Banas 1 (man calculatos)	1h 30mins	
IVION 14 Jun	Spanish Foundation	1h	Maths Paper 1 (non-calculator)	In 30mins	
	French Higher	1h 15mins			
	French Foundation	1h			
Tues 15 Jun	Maths Paper 2 (calculator)	1h 30mins	Geography	1h 30mins	
	BTEC Sport	1h	History	1h	
	Science 1h 30mins		Business Studies	1h 30mins	
	Science	1h 30mins	Computer Science	1h 30mins	
Wed 16 Jun	English Literature	50mins	Design & Technology	1h 30mins	
	Liigiisii Literature	30111113	GCSE Physical Education	1h	



Revision Timetable

WEEK 1

	Mon	Tues	Wed	Thurs	Fri
Lunch					
5pm					
6pm					
7pm					
8pm					

	Sat	Sun
9am		
11am		
1pm		
3pm		
5pm		
7pm		
9pm		

WEEK 2

	Mon	Tues	Wed	Thurs	Fri
Lunch					
5pm					
6pm					
7pm					
8pm					

	Sat	Sun
9am		
11am		
1pm		
3pm		
5pm		
7pm		
9pm		

WEEK 3

	Mon	Tues	Wed	Thurs	Fri
Lunch					
5pm					
6pm					
7pm					
8pm					

	Sat	Sun
9am		
11am		
1pm		
3pm		
5pm		
7pm		
9pm		

Ms Cefai's Revision Top Tips

In preparing for your examinations, please consider the following:

Planning: plan your revision carefully, using your examination timetable, to
determine what you should revise and when. Do not leave your revision
until the night before an examination and expect to be able to learn the
whole course.



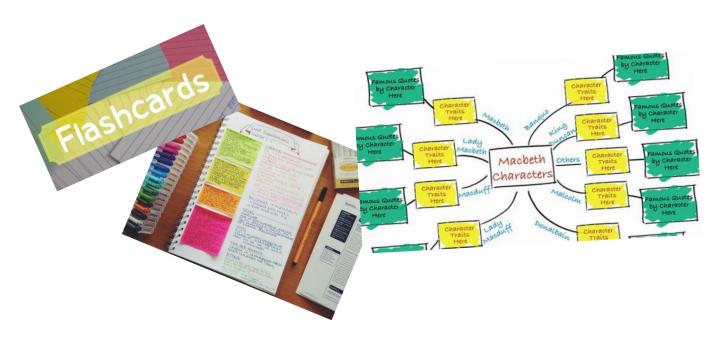


2. **Revision Guide:** use this booklet as a guide for what you need to be revising and how best to approach your revision in each subject area.

DO NOT GO OFF INTO AN INTERNET HOLE LOOKING FOR INFORMATION, YOUR TEACHERS KNOW WHAT CONTENT YOU WILL NEED.

- 3. **Active revision**: revision is best done by doing activities, rather than simply reading. Make notes, revision cards, practise drawing diagrams, practise maths examination papers, etc. It is obvious that you will need to read some materials texts in English, particularly but make notes as you do this to help consolidate what you are reading.
- 4. **Hard, effective work:** you should aim to undertake 2 fifty-minute periods of study per night, separated by ten minute breaks. In some cases, this work will be directed by your teachers e.g. to revise a particular topic, complete a revision summary for a topic but at other times this work will need to be independent study.
- 5. **Mobile phones:** mobile phones and other electronic devices can provide a huge distraction to study because of interruptions (social media updates, text messages, etc.)

It is therefore strongly recommended that you do not revise with these devices in the same room.



Behaviour in Examinations

You **MUST** come prepared with all equipment:

- 2 Black Pens
- 2 Sharpened HB Pencils
- 30cm Ruler, protractor, compass
- Clear Pencil Case
- Calculator (Maths/Science/DT/Business/Geography)



- 1. You **MUST** be on time for all your examinations.
- 2. You **MUST NOT** become involved in any unfair or dishonest practice in any part of the examination.
- 3. You **MUST NOT**:
 - Sit an examination in the name of another candidate
 - Have in your possession any unauthorised material or equipment which may give you an unfair advantage
- 4. **Possession of a mobile phone** or any other unauthorised material **is breaking the rules,** even if you do not intend to use it, and you will be subject to penalty and possible disqualification.
- 5. You **MUST NOT** talk to, attempt to communicate with or disturb other candidates once you have entered the examination room.
- 6. You **MUST** follow the instructions of the invigilators.
- 7. If you are in any doubt, speak to the invigilators.





Subject: English Language



Assessment Format:

Component	Format	Percentage of PPE mark
Language Paper: Explorations in creative reading and writing	Section A Reading :	50% of assessment
	Source extract from a fictional text.	40 marks
Pupils must answer 4 questions in total: 3 from Section A and 1 from Section B	Four questions:	Q1- 4 marks
Section B	Q1: Find four pieces of information	Q2 – 16 marks
1 hour 30 minutes	from the text	Q4 – 20 marks
	Q2: Language analysis of a boxed section from the extract	
	Q3: Expressing an opinion and	
	evaluating on how the writer has	
	used language and structure to	
	present a character or situation in	
	the text.	
	45 mins.	
	Section B Writing:	50% of assessment
	Write a descriptive piece of writing based on an image or picture.	40 marks
	OR	24 marks for content and
	Write a story based on the opening lines that are provided.	organisation
		16 marks for sentence structure,
	45 mins.	spelling, punctuation, vocabulary and grammar

Equipment:

Pen, pencil, highlighters.

Topics to revise:

Reading (questions 1-4): Analysis; writers' methods; word classes; language; structure. M.A.D.F.A.T.H.E.R.S.C.R.O.C.H./P.E.A. L or P.E.E.A.C.H paragraphs

Writing (question 5): Narrative; descriptive; opening; development; climax; tension; ending; plot-twist; sequencing; paragraphing; vocabulary; descriptive language; descriptive devices; narrative devices; sensory imagery; evocative description; characterisation. Spelling, punctuation and grammar rules.

Key words/phrases:

Language devices, (e.g. adjective, adverb, verb, simile, metaphor, personification, etc.) Structural devices: Flashback, chronological, narrative voice, foreshadow etc.

Effect of Language/structure: consider how the language and the structure makes the reader feel. What does it make us think/imagine/think?

Revision resources:

- Year 10 English Class workbooks/Folders, Work saved and created in Google classroom (these are a priceless tool for revision purposes!);
- Fiction exemplars provided by the exam board, along with extra revision activities (here: http://filestore.aqa.org.uk/resources/english/AQA-87001-RSB.PDF)
- Free: BBC Bitesize; Mr Bruff's revision videos on you tube; exercise books; links available on the school website under 'English Language'.
- Optional: Buy CGP revision guides (AQA grades 1-9 English Language), YORK AQA GCSE English Language
 Practice tests visit the English Language section on the academy website for web-links detailing where you
 can order these from.



Subject: English Literature



Assessment Format:

Component	Format	Percentage of PPE mark
Paper 1 Q1: A Christmas Carol	Q1: Read extract from the novella and answer one question a character or theme question about the extract and the book as a whole text.	100% 30 marks
	50 mins.	

Equipment: Pen, pencil, highlighters.

Topics to revise:

'A Christmas Carol" by Charles Dickens (key characters; key themes; social/ historic factors, writer's methods (language and structure)

Key words/phrases:

Stave, foreshadowing, repetition, plot, dark and light imagery/ hot and cold imagery, religious imagery, Sabbatarian, protagonist, empathy, irony, juxtaposition, symbolism, intrusive narrator, climax, resolution, atmosphere, mood, tone, vignette, pathetic fallacy, semantic field, suspend disbelief, tension.

Themes/ideas: Christmas spirit, Christian ideas, charity, poverty, family; Poor law, Ignorance and Want, responsibility, population, industrialisation.

Revision resources:

- Year 10 English Literature Class workbooks/Folders, Fiction exemplars provided by the exam board, along
 with extra revision activities (here: http://filestore.aqa.org.uk/resources/english/AQA-87001-RSB.PDF).
- Free: BBC Bitesize; Mr Bruff's revision videos on *you tube*; exercise books; links available on the school website under 'English Literature'.
- Optional: Buy CGP revision guides (A Christmas Carol AQA grades 1-9), YORK AQA GCSE A Christmas Carol, Practice tests and Workbook. Visit English section on the academy website for web-links detailing where you can order these from.



Subject: Maths



Assessment Format:

Component	Format	Percentage of PPE mark
Paper 1	1 hour 30 minutes	50%
Non – Calculator Exam		
Paper 2	1 hour 30 minutes	50%
Calculator Exam		

Equipment:

Pen, pencil, rubber, sharpener, ruler, compass, protractor, tracing paper, calculator.

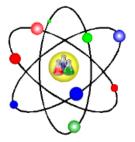
Please ensure you have collected a topic list from your maths teacher, this will include all topics on the test

Higher Tier			Foundation Tier		
Question title	Hegarty Clips	Math Watch	Question title	Hegarty Clips	Math Watch
Cumulative frequency tables	186	437	Compare decimal numbers	3	46
Draw a cumulative frequency diagram	186	437	Multiple of a number	28	33
Interpret a cumulative frequency diagram	186	438	Round decimal numbers	32	56
Density of a mixture	142	730	Convert fractions to decimals	84	73
Independent events and probability trees	125	362	Read and write positive integers		13
Straight line graphs (perpendicular lines)	159a	216	Convert decimals to fractions	52	84
Capture-recapture	152	873	Comparing negative numbers	37	2
Capture-recapture	152	873	Factors of a number	27	28
Change the subject of the formula	136 and 190	286	Converting mass	695	4
Algebraic direct proportion, percentage multipliers	199	89,344	Read & write positive integers	13	2

Revision resources:

www.bbc.co.uk/bitesize

www.hegartymaths.co.uk



Subject: Science



Assessment Format:

Component	Format	Percentage of final mark
Ranking Exam 2	1 hr 30 min Exam	80%
Either C4 Chemical Change or B5 Homeostasis and response end of topic test.	30 min Test 30 min Test	10%
P4 Atomic Structure end of topic test		

Equipment: Black pen, pencil, calculator, ruler,

Topics to revise:

You could be tested on any topic that you have studied so far in your GCSE.

You should pay particular attention to B2 Organisation, B3 Infection and response, B4 Bioenergetics C2 structure and bonding, C5 Energy changes, P1 Energy, P3 Particle modal of matter, P4 Atomic Structure

Please refer to your CGP revision guide for or the materials on google classroom for the curriculum content in each of those topics

Revision resources:

CGP Revision guides and workbooks

National Academy Lessons <a href="https://classroom.thenational.academy/subjects-by-key-stage/key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-key-stage-ke

4/subjects/combined-science -

Revision Quizzes www.educake.co.uk

Additional learning www.bbc.co.uk/bitesize

You should also use the work completed in class to help you prepare for the exam and the revision packs uploaded to Google classroom.



Subject: History



Assessment Format:

Component	Format	Percentage of final mark
Germany in transition unit	1 hour written paper in exam hall	100%

Equipment:

Black pens only

Topics to revise:

Germany in transition 1919 – 39: Impact of the First World War, challenges were faced by the Weimar Republic from 1919-1923; Recovery of Weimar and the Stresemann years; end of the Weimar Republic; Hitler's electoral appeal; propaganda; political extremism and scheming 1929-1932; consolidation of power between 1933 and 1934; Hitler as Chancellor; Nazi economic, social and racial policy; methods Nazis use to control Germany; Hitler's foreign policy and factors led to the outbreak of war in 1939

Key words/phrases:

Impact of Versailles; weaknesses of Weimar government; political instability – Spartacist, Kapp, Munich Putsches; hyperinflation; events in the Ruhr 1923; Recovery from hyperinflation; Dawes and Young Plans; Locarno Pact; League of Nations; US investment; social and political developments of the SA; propaganda; political extremism and scheming 1929-1932; consolidation of power Reichstag Fire; 1933 election and Enabling Act; trade unions and political parties; Night of the Long Knives; Hitler becomes Fuhrer How did Nazi economic, social and racial policy; reducing unemployment; policy towards workers; women and the Three Ks; controlling education; the Hitler Youth Movement; treatment of the Jews Hitler Youth Movement; treatment of the Jews; terror and persuasion Use of SS and Gestapo; control of legal system; Goebbels and propaganda; use of rallies, radio and cinema; censorship of newspapers and the arts and cinema; censorship of newspapers and the arts; Hitler's foreign policy aims; rearmament and conscription; the Rhineland 1936; Anschluss 1938; Sudetenland 1938; Nazi-Soviet pact 1939

Revision resources:

www.bbc.co.uk/bitesize (you need to refer to the WJEC/Eduqas section for revision)

www.eduqas.co.uk

You should also use the work completed in class to help you prepare for the exam



Subject: Geography



Assessment Format:

Component	Format	Percentage of final mark
Exam – Component 2	Written test conducted in the hall –	100
	90 minutes	

Equipment:

Pen, pencil, rubber, ruler, calculator

Topics to revise:

Weather & Climate; UK climate, Climatic variations, climatic zones, air pressure systems, weather hazards

Key words/phrases:

Weather, climate, precipitation, depression, hurricane, cyclone, typhoon, circulation, hemisphere, tropics, equatorial, seasonal, front, isobars, hazards, aid

Revision resources:

Revision guides that have been handed out

PiXL app

Exercise books

www.bbc.co.uk/bitesize (you need to refer to the WJEC/Eduqas section for revision)

www.eduqas.co.uk

You should also use the work completed in class to help you prepare for the exam



Subject: MFL - French & Spanish



Assessment Format:

Component	Format	Percentage of final mark
Writing	Test paper in exam hall	33%
Reading	Test paper (in class)	33%
Listening	Test paper (in class)	33%

Equipment: Pen, pencil, ruler.

Topics to revise:

Year 9 content:

Theme 1: Identity and culture

Topic 1: Me, my family and friends - Relationships with family & friends and Marriage/partnership

Topic 2: Technology in everyday life - Social media and Mobile technology

Topic 3: Free-time activities - Music, Cinema and TV, Food and eating out and Sport

Topic 4: Customs and festivals in Spanish-speaking countries/communities

Y10 content:

Theme 2: Local, national, international and global areas of interest

Topic 1: Home, town, neighbourhood and region

Topic 2: Social issues, Charity/voluntary work, Healthy/unhealthy living

Topic 3: Global issues, The environment, Poverty/homelessness

Topic 4: Travel and tourism

Key words/phrases:

All Sentence Builders and Knowledge Grids (in booklets and on Google Classroom)

French/Spanish Universals

Revision resources:

- Classwork and Homework Booklets (including from previous years)
- Language Gym uk.language-gym.com
- Quizlet, Duolingo, Memrise and Seneca for general vocab learning
- BBC Bitesize AQA French/Spanish



Subject: GCSE Business Studies



Assessment Format:

Component	Format	Percentage of final mark
Paper 1 - Theme 1	Written exam 1 hour 30 mins	100%

Equipment:

Calculator, pen, pencil

Topics to revise: All 5 topics in Theme 1:

- 1.1 Enterprise and entrepreneurship- Role of enterprise, Dynamic nature, how and why businesses come about
- 1.2 **Spotting a business opportunity** Customer needs, Market research, segmentation, competitive environment, SWOT
- **1.3 Putting ideas into practise** Business aims & Objectives, revenues, costs, profits, break-even, graphs, margin of safety, cash flow, sources of finance
- 1.4 Making a business effective options for start up, locations, marketing mix, business plans
- 1.5 External influences- stakeholders, technology, legislation, the economy

Key words/phrases:

All mathematical equations for calculations: Contribution, break-even, Net cash flow, Margin of safety

Market segment, quantitative, qualitative, primary & secondary research, demographics, survival, profit maximisation, cost minimisation, contribution, fixed and variable costs, venture capitalist, overdraft, share capital, limited and unlimited liability, shareholders, trade credit, consumer law, trade description, inflation, interest rates, employment, exchange rates, proximity to market/suppliers/customers

Revision resources:

Revision book (available on purchase on parent pay £2.95)

www.bbc.co.uk/bitesize (you need to refer to the WJEC/Eduqas section for revision)

www.eduqas.co.uk, Seneca, E-Revision

www.quizlet.com

You should also use the work completed in class to help you prepare for the exam and News, Dragons den and The Apprentice (great for keywords and putting learning in context)



Subject: GCSE Computer Science



Assessment Format:

Component	Format	Percentage of final mark
Paper 2	GCSE paper 1 & 2 1h 30mins	100%

Equipment: Pen, pencil, sharpener, eraser

Topics to revise:

Topics	GCSE OCR Computer Science for grade 9-1 (J277)
Ethical, legal	The impact of the following on Computer Science: ethical issues, legal issues, cultural, privacy
cultural and	issues. Textbook GCSE OCR Computer Science for the Grade 9-1 Exams pg- 51-55
environmental	Online - Teach ICT – J277 Ethics unit https://teach-
concerns	ict.com/2016/GCSE_Computing/OCR_J277/1_6_law/ethics/miniweb/index.php
Open source	Open source vs Proprietary Software Textbook GCSE OCR Computer Science for the Grade 9-1
vs Proprietary	Exams pg-60
Software	
Legislations	The Data Protection Act, The Computer Misuse Act, Copyright Design and Patents Act
relevant to	Textbook GCSE OCR Computer Science for the Grade 9-1 Exams pg- 59-60, Online
Computer	https://teach-ict.com/2016/GCSE_Computing/OCR_J277/1_6_law/law/student_home.html
Science	
Writing	Writing and interpreting flow charts and pseudocode Pg – 65-66 (Textbook)
Algorithms –	https://teach-
Pseudocode &	ict.com/2016/GCSE_Computing/OCR_J277/2_1_algorithms/pseudo/miniweb/index.php
Flowcharts	
Programming	the use of variables, constants, operators, inputs, outputs subprograms and arrays/lists
techniques	Textbook GCSE OCR Computer Science for the Grade 9-1 Exams pg 78-79
Boolean Logic	Booklet completed in class (textbook – pg 88-90) AND, OR, NOT Gates and combining gates
SQL	Structured Query Language(SQL) can be used to search table in a database. How do we use the
	commands – SELECT, FROM, WHERE, WILDCARD Textbook pg 98 and booklet used in lessons

Key words/phrases:

ethical issues, legal issues, cultural, privacy, subprograms, arrays, functions, procedures

Revision Resources:

<u>You tube</u> – Craig n Dave OCR GCSE 9-1 videos, <u>OCR GCSE</u> - Computer Science 9- 1 Computer Science Tutor, <u>Teach</u> <u>ICT</u> – student login <u>username</u>: se30xx <u>password</u>: computer 4, Educake

GCSE OCR Computer Science for the grade 9-1 course – The Revision Guide

GCSE OCR Computer Science for the grade 9-1 course – Exam Practice Workbook (J277)



Subject: Design & Technology



Assessment Format:

Component	Format	Percentage of PPE mark
Section A & B	Exam Paper	50%
A02	CAM Toy Practical task	50%

Equipment:

Pen, pencil, sharpener, rubber, ruler.

Topics to revise:

Planned Obsolescence, Forces and Stresses, Advantages and disadvantages of automation/robotics, Materials and their names, Six R;s and examples, Properties of materials, Origin of paper and board, process with explanation, Safety in the workshop, Tools and equipment,

Key words/phrases:

Crowdfunding, Entrepreneur, Patent, Automation, Fairtrade, Virtual marketing, Barcode, QR code, Search engine optimisation, Cooperatives, robots, consumer, manufacture, advertising, social media, oak, wool, Nylon, Stainless steel, corrugated cardboard, PVC, Linear, Compression, Shear, Torsion, Oscillating, Reciprocating, Rotary, Duplex board, Foam core board, Foil lined board, Solid white board, Pine, MDF, OAK, Beech, Entrepreneur, Planned Obsolescence, Recycle, reuse, rethink, refuse, repair, reduce, Corrugated Cardboard, Advertising,

Revision resources:

Revision resources on google classroom

You should also use the work completed in class to help you prepare for the exam

www.Technologystudent.com

BBC Bitesize

AQA Design and Technology GCSE revision book 9-1



Subject: GCSE Physical Education



Assessment Format:

Component	Format	Percentage of final mark
OCR JF87 – Theory Component Unit 1 – Physical Factors affecting Performance	1 hour test paper (ranking assessment)	60%
	60 marks – 1 hour – written paper	
OCR JF87 – Practical activity assessment	Performance in Physical Education - Practical Assessment	30%
	x3 practical activities	10%
	AEP coursework	

Equipment: Pen, pencil, sharpener, rubber.

Topics to revise:

- 1. Skeletal system
- 2. Muscular system
- 3. Movement analysis
- 4. Cardiovascular and respiratory systems
- 5. Components of fitness
- 6. Fitness tests
- 7. Preparation for training- warm up & cool down
- 8. Prevention of injury
- 9. Principles of training F.I.T.T Frequency, Intensity, Time and Type
- 10. Synoptic link Types of feedback (unit 2)

Key words:

Cardiovascular endurance	Flexibility	Gradually	Time
Muscular endurance	Stretching	Dynamic movement	Protection
Mobility	Agility	Skill Rehearsal	Agonist
Speed	Balance	Low intensity	Stoke volume
Strength	Heart rate	Frequency	Levers
Pulse raiser	Co-ordination	Intensity	Pivot
Power	Reaction Time	Туре	Tidal Volume

Further revision material to be given in class.

Revision resources: Class notes and booklets, revision help sheet, textbook, glossary, revision question worksheets.

OCR Website: http://www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016/

BBC Bitesize: https://www.bbc.com/bitesize/examspecs/ztrcg82

SENECA Learning: https://app.senecalearning.com



Subject: BTEC Sport



Assessment Format:

Component	Format	Percentage of final mark
Unit 1: Fitness for Sport and Exercise.	1 hour test paper in exam hall	25% (The actual exam will be an online examination)
Unit 2, 5 and 6.	Assignment based assessment.	75% (25% per unit).

Equipment: Pen, pencil, sharpener, rubber, calculator.

Topics to revise:

Unit 1 - Fitness for Sport & Exercise

Components of Fitness - HEALTH		Components of Fitness - SKILLS
Aerobic endurance	Flexibility	Agility
Mus. Endurance	Body Composition	Balance
Mus. Strength	Speed	Coordination
		Reaction Time
		Power
Fitness tests		PRINCIPLES of training
BIA	Illinois test	Rest & Recovery
BMI	Alternate hand throw	Progressive Overload
Skinfold	Vertical Jump	Specificity
Sit and reach	1 min sit up test	Reversibility
Stalk	Fitness test administration.	Adaption
Grip test		Variation
Methods of training		Intensity
Circuit training	Interval training	Target training zone
Continuous	Fartlek training	Training thresholds
Plyometric	Speed training - 3 Types of speed	Borg Rating of Perceived exertion
Free weights	Flexibility: Static/.Ballistic/PNF	scale

Other useful websites:

https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html

www.brianmac.co.uk/

www.topendsports.com

www.livestrong.com/fitness

www.sport-fitness-advisor.com

www.thinqfitness.com/video.asp