



Independent Learning in A Level Physical Education



After each lesson, in addition to completing any set work, a pro-active, independent learner would...

- Ensure that notes are completed and filed suitably in the folder relevant for that Unit.
- Read the relevant textbook chapter to embed knowledge and relevant content.
- Highlight any areas of concern and raise these with the teacher.
- Check the content of the lesson to diagnose lack of understanding.
- Recap and Revise key topic words on a regular basis throughout the course, to support knowledge.
- Ensure all practical evidence is being collated on a regular basis to demonstrate quality of performance in line with the specification.
- Be responsible for ensuring that practical evidence is stored in a format demonstrated in the relevant lesson.
- Use feedback in lessons, particularly related to exam questions, and make notes on how to improve these in the future.
- Maintain a list of learning points from reviewed/marked work and regularly review this list.
- Read the textbook chapter on the next topic before the next lesson.

3

2

1

Effort grade

Resources to help you study

Most key resources, such as the specification for your course, data sheet, past papers, etc. can be found online or can be requested from the teacher. Some additional resources to help you are as follows:

Resource	Description
Key terms booklet	Produced by teachers to cover all key terms which will need to be learned.
OCR A Level PE website (official)	This will provide details from the specification and guidance for the Non Examined Assessment (NEA).
OCR A Level PE text book 1 and 2	The text book will be used throughout lessons and for independent core reading and revision.
Edu creations	Produced on line by Mr Brown to guide and re-cover areas taught on the syllabus. These can be accessed with the password provided by your teacher.
Exam Plot Documents	Produced and distributed by staff to demonstrate and provide practice for Exam questions on all topics previously examined.

Stretch yourself

Complete exam questions and mark yourself using mark schemes. This will raise your understanding of what examiners will be looking for in your answers.