

# Level 3 CTEC Sport & A-Level PE



## At Meden College

You are expected to complete independent work during any non-contact time or if there is any teacher absence.

Below are any tasks that should be completed as ongoing extended work and can be done if no work has been set by an absent teacher

## After Each Lesson ...

- Re-read your material from the previous 3 lesson/3 weeks and note down anything you don't understand
- Prepare a list of questions to ask your teacher with anything you don't understand
- Ensure you are up-to-date with any Controlled Assessment changes needed (CTEC Sport)
- Read the relevant textbook pages and add anything new to your notes

## Every Week ...

- Practice the topic being studied by completing at least two past paper exam question using the unit booklets provided by staff.
- Create revision 'flash cards' on the topics covered over the past 3 lessons/3 weeks (question on one side and 8-10 point answers on the other)
- Would expect at least 4 flashcards per topic covered/lesson

## Every Term ...

- Check the course specification documents to see your current progress
- RAG rate your confidence and knowledge to see areas of strength and weakness
- Speak to staff members about the practical element of the courses. What do you need to be currently doing? (e.g leading sessions? Getting video evidence?)

## Throughout the Year ...

- Revisit previously learnt topics more than once
- Learn the technical definitions for key terms
- Test yourself regularly using your flashcards.
- Revisit any cards that you got wrong until you get them right.
- Redraft exam answers and controlled assessment changes in green pen