

Virtual Revision Conferences 2006 'In-house'

Why travel?
It's 'in-house'

AS/ A2 PE

Courses for AQA, Edexcel and OCR students

- featuring Senior Examiners
- hold in your school or college
- no need to travel for a revision conference

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Book Online- fax 01692 582770 or tel 01692 582565

AS PE Virtual Revision Conference (VR9) For AQA students

With **Paul Bevis, Senior Examiner.**

Focused and active revision is the most effective preparation that student can have for their AS Level examinations. The programme will present information in a concise yet informative manner. Students will also be engaged in active revision activities which will suit a range of learning styles. As part of the supporting materials students will have the opportunity to apply the revision topics to AQA style questions.

The presenter of this revision package is an experienced chief examiner who has set and marked questions for all of the AQA's Sport and Physical Education Units. He is therefore in a unique position to present the essential information that is most commonly examined and to give advice on how questions should be answered and what examiners are seeking.

The Programme

Each session includes teaching and workshop periods with handouts and lasts up to 50 minutes

Session 1: Movement and Fitness

The session begins with an analysis of joint and muscle actions, axes and planes of movement and lever types and actions. This is followed by a look at the components of fitness and the issues surrounding fitness testing. A question relating to movement analysis has appeared on every PED1 paper.

Session 2: Cardio-respiratory structure, function and control

This session looks at both the anatomy and physiology of the heart, lungs and circulatory system. This is a frequently examined area in both PED1 and in synoptic questions to be found in PED 5

Session 3: What is skill and how we perform it

This session covers the topics of skill classification, skill analysis, information processing the use of feedback and motor control. Candidates must have a detailed knowledge of these areas to perform well in the PED 2 examination.

Continued over/

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The Course

- The essential information from PED1 and PED2
- Presented in a concise and clear manner
- Focus on commonly examined topics
- A wide range of active revision activities for each topic- not just watching and listening.

Paul Bevis is a former Chief Examiner for the GCSE AS/A2 Sport and Physical Education and is now a subject advisor and a member of the PE committee for one of the largest examination boards. He has 12 years experience as an examiner, practical moderator, senior examiner and teacher of physical education (still teaching!). Paul Bevis is co-author of both an A and AS Level Teacher Support Pack and Student Study Guide published by Feltham Press. He has lead a wide range of revision programmes on all aspects of A and AS Level Physical Education for A Level Masterclasses Ltd, a wide range of schools and education authorities in England and Wales

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AS PE Virtual Revision for AQA students (VR9)- continued

Session 4: How we acquire skill and how it is improved

Included in this session is a coverage of theories and practice of learning, leaning curves, stages of learning, transfer of learning and a basic understanding of motivation. These are all essential and frequently examined topic areas.

Session 5: Sport & PE – What is it and how has it developed.

This session begins with coverage of the characteristics and objectives of play, recreation, sport and PE. This is followed by a look at the development of rational sport and PE in public schools and the effect that this had upon the community at large. The session concludes with the development of PE in state schools

Session 6: Sport & PE – opportunities and barriers to participation

The session opens with a look at the objectives and structure of the PE National Curriculum. This is followed by an analysis of the provision of opportunities for participation on sport and physical recreation, the barriers to participation that exist and how they may be overcome.

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AS PE Virtual Revision Conference (VR26) For Edexcel students

with **Mike Hill, Senior Examiner.**

Revising for your AS levels can be a daunting and stressful task – let us ease the load with a series of revision snapshots, we have identified the key topic areas that you'll be asked questions on in the exams and developed presentations that give you the key points in both a visual and auditory style. You will also pick up tips from the examiners on what they expect you to put in your answers and a chance to have a go at a range of practical revision workshops

The Programme

Each session includes teaching and workshop periods with handouts and lasts up to 50 minutes

Session 1: Revising Anatomy and Physiology

In this session we will revise the structure and function of the key body systems can influence sport. The main focus will be tips on answering the type of questions that relate to this section

Session 2: The effect of exercise on the body

This session will help you understand and compare the short-term effects of exercise on the body and also look at what adaptations take place when we prolong this exercise. We will identify the types of fitness training that are best suited to particular sports and activities.

Session 3: Planning of fitness and training programmes

This session will begin with a quick revision of the key terms we use when planning fitness sessions, you will complete a workshop where the aim is to match the most suitable types of training to the key fitness components, the session we also include discussion on the factors that need to be considered when designing training programmes for different performers.

Session 4: The historical development of PE and Sport

This session will start with a review of the key stages in the development of sports history. You will then complete a workshop on how mnemonics can help you answer sports history questions and the affects of motivation and arousal on the sports performer before we finish by revising the development of physical education in the UK

Session 5: Sport and Recreation – the participation pyramid

This session will begin with a quick revision of the key terms we use in the social study of sport. You will complete a workshop that identifies the key factors that affect an individual's access to sport and recreation. We finish with an update of the main campaigns and strategies that have been used in the UK in an attempt to widen participation in sport.

Session 6: Sports excellence – the top of the participation pyramid

This session will help you understand the methods and support elite performers require, you will identify the different stages of the performance pyramid and have a go at mapping this out for the sports you are involved in. We will also review the ethics and issues that relate to sport at the highest level

Session 7: The Olympic essay and preparing for your exam

An inside view of what the examiners like to see in your answers, tips on how to prepare for your Olympic essays and also what to do on the day to ensure you get the best possible grade.

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Mike Hill

Mike is an experienced teacher and examiner of A level Physical Education; he is currently a chief examiner and has authored a number of A level PE Text books and revisions guides. His website [pe4u](http://pe4u.com) is accredited by Becta and NGFL and is currently receiving 190,000 hits a year. He is much in demand for revision courses and teacher INSET courses across the currently and as acted as a consultant for a number of LEA's and specialist sports schools

The Course

- **Check your revision is on track**
- **Examination tips form the examiners**
- **Examples and case studies to help expand your answers**
- **Suggestions for further study and exam practice**

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AS PE Virtual Revision Conference (VR27) For OCR students

with **Mike Hill, Senior Examiner**

Revising for your AS levels can be a daunting and stressful task – let us ease the load with a series of revision snapshots, we have identified the key topic areas that you'll be asked questions on in the exams and developed presentations that give you the key points in both a visual and auditory style. You will also pick up tips from the examiners on what they expect you to put in your answers and a chance to have a go at a range of practical revision workshops

The Programme

Each session includes teaching and workshop periods with handouts and lasts up to 50 minutes

Session 1: Revising Anatomy and Physiology

In this session we will revise the structure and function of the key body systems that influence sport. The main focus will be tips on answering the type of questions that relate to this section

Session 2: The effect of exercise on the body

This session will help you understand and compare the short-term effects of exercise on the body and also look at what adaptations take place when we prolong this exercise. We will identify the types of fitness training that are best suited to particular sports and activities.

Session 3: Defining, developing and classifying skills in PE and sport

We will identify the characteristics of a skilful performance (and revise the way performers develop motor skills. We will practice answering exam questions on the information-processing model.

Session 4: Motor control and learning skills in PE and Sport

This session will start with a review of the key theories relate to motor control including schema theory. You will then complete a workshop on the affects of motivation and arousal on the sports performer before we finish by revising the theories that relating to the learning of motor skills.

Session 5: Sport and Recreation – the bottom of the participation pyramid

This session will begin with a quick revision of the key terms we use in the social study of sport. You will complete a workshop that identifies the key factors that affect an individual's access to sport and recreation. We finish with an update of the main campaigns and strategies that have been used in the UK in an attempt to widen participation in sport.

Session 6: Sports excellence – the participation pyramid

This session will help you understand the methods and support elite performers require, you will identify the different stages of the performance pyramid and have a go at mapping this out for the sports you are involved in. We will also review the ethics and issues that relate to sport at the highest level

Session 7: Examiners Secrets

An inside view of what the examiners like to see in your answers, tips on how to prepare for your exams and also what to do on the day to ensure you get the best possible grade.

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Mike Hill

Mike is an experienced teacher and examiner of A level Physical Education; he is currently a chief examiner and has authored a number of A level PE Text books and revisions guides. His website [pe4u](http://pe4u.com) is accredited by Becta and NGFL and is currently receiving 190,000 hits a year. He is much in demand for revision courses and teacher INSET courses across the currently and as acted as a consultant for a number of LEA's and specialist sports schools

- **Check your revision is on track**
- **Examination tips from the examiners**
- **Examples and case studies to help expand your answers**
- **Suggestions for further study and exam practice**

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A2 PE Virtual Revision Conference (VR10) For AQA students

with **Paul Bevis, Senior Examiner**

Focused and active revision is the most effective preparation that student can have for their A Level examinations. The programme will present information in a concise yet informative manner. Students will also be engaged in active revision activities which will suit a range of learning styles. As part of the supporting materials students will have the opportunity to apply the revision topics to AQA style questions.

The presenter of this revision package is an experienced chief examiner who has set and marked questions for all of the AQA's Sport and Physical Education Units, and specifically for PED 5. He is therefore in a unique position to present the essential information that is most commonly examined and to give advice on how questions should be answered and what examiners are seeking.

The Programme

Each session includes teaching and workshop periods with handouts and lasts up to 50 minutes

Session 1: Muscle action and the biomechanics of movement

This opening session looks at the structure of skeletal muscles, muscle enervation, muscle action control. This is followed by a topic that many students find problematic – biomechanics. The presenter gives easily understood explanations of Newton's Laws of Motion, linear motion and angular motion. Students who understand the fundamentals of biomechanics invariably do well in PED 4 and the synoptic questions on PED 5.

Session 2: Energy systems, effects of exercise, recovery and training

Some aspect of energy systems almost always appears in A level exams. Students are taken through all aspects of energy systems – how the energy for ATP is provided and the relationship to the intensity and duration of physical activity. This is followed by a look at what happens in recovery, methods and effects of training and important topics as the role of nutrition and the effects of altitude.

Session 3: The psychology of the elite performer

Psychological factors that effect elite performers such as motivation, formation and effect of personal attitudes, the nature and control of arousal and anxiety aggression, and finally what we learn of this from others are all covered in this session.

Continued over/

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The Course

- The essential information form PED 4 and PED 5
- Presented in a concise and clear manner
- A focus on commonly examined topics
- A wide range of active revision activities for each topic – not just watching and listening
- advice and support in tackling the synoptic questions in PED 5

Paul Bevis is a former Chief Examiner for the GCSE AS/A2 Sport and Physical Education and is now a subject advisor and a member of the PE committee for one of the largest examination boards. He has 12 years experience as an examiner, practical moderator, senior examiner and teacher of physical education (still teaching!). Paul Bevis is co-author of both an A and AS Level Teacher Support Pack and Student Study Guide published by Feltham Press. He has lead a wide range of revision programmes on all aspects of A and AS Level Physical Education for A Level Masterclasses Ltd, a wide range of schools and education authorities in England and Wales

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A2 PE Virtual Revision for AQA students (VR10)- continued

Session 4: Psychology of elite teams

Elite performers frequently perform with others. Session 4 begins by covering the essential topics such as how groups are formed, how they are lead and the impact of social cohesion. This is followed with a look at what individuals and teams attribute their successes or losses, and how individuals within groups can sometimes fail to perform at their best.

Session 5: The nature, characteristics and structure of elite sport

This session looks at elite sport including a specific focus on Olympic sport. This followed by functional and dysfunctional elements of sport including drugs and hooliganism. The session concludes with the frequently examined topics of professionalism, commercialization of sport and the role of the media.

Session 6: The development of elite performers in the UK, France and the USA

Every PED 5 has included questions examining how elite performers are developed in the UK, and a comparison on how this is done in either the France or the USA. This session covers the role of such bodies as National Institutes of Sport, UK Sport, Sports Coach UK, SportsAid, NGBs etc. The session concludes with a look at what might influence young elite performers and the barriers to their development.

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