

## 5 hours in... PE

Research shows that the most successful students (i.e. those that make the most progress and get the highest grades) are doing between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you would build up to over the course of your A-Levels. In Year 12, we're talking something more like 15 hours per week. This equates to roughly 5 hours of independent study per A-Level per subject.

Remember that your independent study is divided into three types – Consolidation, Reactive and Proactive.

### Consolidation

The evening following a PE lesson, you should spend 12-15 minutes (24-30 minutes for a double) rereading your notes, writing the summary section at the bottom of your Cornell notes and making relevant flashcards e.g., for equations, definitions, facts you need to recall etc.

### Reactive

This is your 'homework'. Each of your PE teachers should give you at least 1 hours' worth of homework each week. If they don't – ask them for some! If you find this takes more than 1 hour, that's fine, you can take this from the proactive phase (not from the consolidation phase though). Equally, if you find you finish your reactive work quickly, spend more time on your proactive work.

### Proactive

This is the section that will broaden and deepen your overall understanding of the subject you are studying. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, TED talks etc. In PE, this might contain some of the following:

- Complete a set of practice past paper questions – available on 365 or the Edexcel website (1 hour)
- Use websites to complete and add to class notes (30 minutes)
- Use the specification checklist to evaluate your understanding (10 minutes)
- Answer questions in your exam questions booklet (30 minutes)
- Practice exam questions from your PE textbook or workbook (30 minutes)
- "Read, Cover, Write and Check" sections of knowledge organisers (30 minutes)
- Watch a TED talk on a PE topic (20 minutes)
- Watch some videos and complete some quizzes on 365 (30 minutes)

### Useful links

- **365** - <https://becbd.sharepoint.com/BecLearners/PE/SitePages/BTEC-L3-Sport.aspx>
- **Edexcel past papers** - <https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FExternal-assessments>

# 5 hours in... PE: Your weekly review

Week beginning: \_\_\_\_\_

What have I been learning with Miss Lancashire? \_\_\_\_\_

What have I been learning with Mr Lawal? \_\_\_\_\_

What have I been learning with Mr Awan? \_\_\_\_\_

Consolidation (tick when complete)		Reactive 1	Reactive 2	Proactive 1	Proactive 2	Proactive 3
Lesson 1						
Lesson 2						
Lesson 3						
Lesson 4						
Lesson 5						
Time spent						

Total time spent on independent learning in PE this week: \_\_\_\_\_

Areas that require further review	Things I need to ask:

Checked by: \_\_\_\_\_ (teacher)

# 5 hours in... Physics: Your weekly review

Week beginning: 16/3/2025

What have I been learning with Miss Lancashire? Starlings Law

What have I been learning with Mr Lawal? Diet

What have I been learning with Mr Awan? Rules of rugby

Consolidation (tick when complete)		Reactive 1	Reactive 2	Proactive 1	Proactive 2	Proactive 3
Lesson 1	✓	Complete exam questions on Starlings Law – to hand in next Tuesday - SLL	Keep food diary for 1 week – DNL	Research laws of rugby	Watch YouTube video on Starlings Law	Watched rugby match and how laws are applied
Lesson 2	✓					
Lesson 3	✓					
Lesson 4	✓					
Lesson 5	✓					
Time spent	1 hour	1 hour 20 minutes	1 hour	40 minutes	25 minutes	20 minutes

Total time spent on independent learning in PE this week: 3 hours 45 minutes

Areas that require further review	Things I need to ask
<ul style="list-style-type: none"> <li>• Venous return</li> <li>• How exercise affects Q</li> <li>• Offside rule</li> </ul>	<ul style="list-style-type: none"> <li>• Recap venous return</li> <li>• Explain the offside rule in rugby</li> </ul>

Checked by: \_\_\_\_\_ (teacher)

