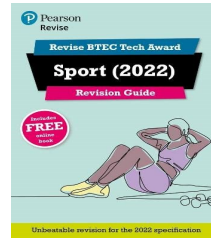


# How to Revise in BTEC SPORT



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| 1. | <b>Flash cards.</b> Use your books/revision guides to create flash cards. Once you have made them use them to test yourself or get someone else to test you.   |
| 2. | <b>Mind mapping.</b> Complete a mind-map on a certain topic, writing down as much as you can from memory. Once you have done as much as you can, use your book/revision guide to add to your mind-map in a different colour. |
| 3. | <b>Retrieval quizzes.</b> Design your own retrieval quiz using your book/revision guide. Wait at least three days before answering the questions.  |
| 4. | <b>You Tube.</b> Watch videos of Fitness Tests, think about what equipment is being used, what area of fitness is being tested and what type of sportsperson would use the test.   |
| 5. | <b>Exam questions.</b> Try practice exam questions papers. Use the mark scheme to see how you could improve.   |
| 6. | <b>Revision Guide.</b> Answer the questions at the end of topics in your revision guide.   |

