



6th Form Independent Study Guide

Subject – **CTEC Sport and Physical Activity**

- Create revision cards (or other resources) at the end of every learning objective. Don't leave it all until a few weeks before the exam.
- Make a list of subject-specific words, definitions and examples.
- Ensure you ask your teachers if you are unsure of any of the key terms as this might affect your coursework.
- Discuss lesson material in groups in your study periods to reinforce what has been covered in class.
- Sign up for the free subscriptions to the Independent and Telegraph on-line services. They often publish articles that are relevant to areas of the specification.
- Don't forget to use the LRC as a source of information. There are lots of useful reference books, particularly for anatomy and physiology.
- You will find past-papers and mark schemes on the Cambridge Technical website. These will be a good starting point for your revision.
- Proof read another student's coursework. Pair up and discuss what you have both written before the hand in deadline.