

## Year 13 Revision Schedule: BTEC Sport

### How to use this schedule:

1. Look at the topic for the day and write down everything you remember about it, including studies (5 mins)
2. Check your notes/Google Classroom to see what you have missed and add to our notes (5 mins)  
You could do parts 1 and 2 as flashcards (10 questions on one side, answers on the other and continue to test yourself following the Leitner method <https://www.pocketprep.com/posts/how-to-use-the-leitner-system-for-studying/>)
3. Practise an SAQ question on that topic or create an essay plan (20 mins)

***(The next day, test yourself on the previous topic(s) you revised to ensure you are rehearsing your memory of it)***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>w/b 29th January</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 5th February</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness
<b>w/b 12th February</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 19th February</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness
<b>w/b 26th February</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 4th March</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness
<b>w/b 11th March</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 18th March</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness
<b>w/b 25th March</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 1st April</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness

<b>w/b 8th April</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 15th April</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness
<b>w/b 22nd April</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 29th April</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness
<b>w/b 6th May</b>	Skill Components of Fitness	Health Components of Fitness	Training Methods	Principles of Training	Training Methods	Principles of Training	Training Methods
<b>w/b 13th May</b>	Lifestyle Factors	Lifestyle Modification Techniques	Nutrition	Designing Training Programmes	Training Methods	Principles of Training	Components of Fitness

**Key:**