

PE Revision Guide

The follow information will help you revise for your PE transfer exam, we have covered all of the information during lesson time but you may want to refresh your memory by looking at the following areas.

Healthy Lifestyles

- You will need to look at what makes a healthy lifestyle
- What is exercise and how can it improve your health
- What are the benefits of a healthy lifestyle
- What can influence a healthy lifestyle

Respiratory System

- What are the immediate, short and long term effects of exercise on the body
- What type of injuries can occur whilst playing sport
- What can you do to speed up recovery whilst injured
- What happens to the heart before, during and after exercise

Rules and Laws

- You will need to answer questions on three different sports
- Make yourself familiar with the rules/laws of each sport
- You may need to know positions, ways of scoring and how to officiate each sport.

Good Luck