




Physical Education  
**Component 1: Topic 2 – Movement Analysis**

Mark on how confident you are with each topic and what you need to do, use this as a checklist for your revision notes and then to keep track of the topics you have revised. Tick and date once you have completed the tasks.

Topic	How confident am I?			What do I need to do to improve my understanding – create a mind map, write revision note cards, use online tests, attempt some practice question papers, read and highlight my notes....  OR  Who do I need to seek support from to help me progress	I have made my revision notes on this topic	I have revised this topic	I am confident on this topic	Evidence
								
	I could teach	I would need to look at my notes	I can not remember					
<b>Lever Systems &amp; Planes and Axes</b>								
First, second and third class levers and their use in physical activity and sport								
Mechanical advantage and disadvantage of the body's lever system								
Movement patterns using body planes and axes								

**Review of previous examinations:**