Stage 4 Revision Checklist

Some excellent ways to revise are to:

* Look back through your classwork and assessment tasks.
* Read and understand any feedback you have been given.
* Write your own study notes under the headings listed below.
* Make up acronyms (like DRS ABCD) to help remember content.
* Ask your friends questions you might be asked in your exam.
* Clarify anything you are not sure about with your teacher.

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| **Topics and content** | **I understand** | **I am working on** | **Questions for my teacher** |
| **HEALTHY ME** |  |  |  |
| What is wellbeing? |  |  |  |
| How can I improve my own wellbeing? |  |  |  |
| What are the benefits of physical activity? |  |  |  |
| Components of Health. |  |  |  |
| Dietary guidelines and how many serves of the 5 food groups should you consume. |  |  |  |
| Body image |  |  |  |
| **You and Me** |  |  |  |
| Changes in adolescence (social, emotional, physical) |  |  |  |
| Influences on the change that happens in adolescence. |  |  |  |
| Roles and responsibilities of adults and teenagers. |  |  |  |
| What does respect look like in relationships? |  |  |  |
| Using the ABCDE model for making decisions. |  |  |  |
| Describe how power in relationships can be harmful. |  |  |  |
| **Be Yourself** |  |  |  |
| What is bullying and how it can be harmful. |  |  |  |
| Strategies to keep safe from bullies. |  |  |  |
| Understanding cultural differences. |  |  |  |
| Cyberbullying and how to be a responsible digital citizen. |  |  |  |
| DRSABCD and how to use it for 1st aid. |  |  |  |
| Keeping yourself safe in dangerous situations. |  |  |  |
| **Drugs** |  |  |  |
| The difference between prescription and over the counter drugs. |  |  |  |
| Effects (short and long) of alcohol |  |  |  |
| The dangers of energy drinks and caffeine. |  |  |  |
| Responsible use of alcohol and standard drinks. |  |  |  |
| **Practical** |  |  |  |
| Components of fitness |  |  |  |
| Rules of TIG games |  |  |  |