

# Six Keys to Studying for Health and PE



## **Manage Your Time**

Make a plan to study nightly even if it is only for 5 or 10 minutes. Use “to-do” lists, your agenda, a calendar (digital or regular), or a notebook to record assignments. Plan study time around social, family, and extra-curricular commitments. Make effective use of your time!



## **Concentrate on Your Study Skills**

Use your notes, memory aids, and review questions to study for a test. Make your own study guide using content concepts. Study the most difficult items first, then go back and review the easier items. Plan to do well on the test by using study guides and review guides provided by the teacher.



## **Understand Health Vocabulary**

Make flashcards, use online vocabulary games, play games with flashcards, and review vocabulary activities. Learn more than just the term and definition. Be able to re-phrase the definition, use the definition in an example, and identify correct and incorrect uses of the vocabulary.



## **Practice Physical Education Skills**

PE skills are based on performance assessments. Learn the steps for each skill. Practice the skills multiple times. Take advantage of any practice sessions. Participate in class and make your best effort every day. Try using the skills by participating in a game at home.



## **Review Your Main Concepts**

For a Health test, make sure that you list the main concepts. Review activities and projects for examples that could be placed on a test. Identify questions that could be asked from the content explored. Use class work and homework for information.



## **Use Your Resources**

Study guides, study games, links to resources, practice sheets, tutoring, and study sessions. Listen to the teacher, identify areas the teacher stresses or repeats often. Make a study group. Have parents or siblings help you study in the car or during periods of waiting.