

BTEC PE Exam Revision

BTEC PE - Components of Physical Fitness

<https://www.youtube.com/watch?v=KycE8YJeaEI>

BTEC PE - Principles of Training

<https://www.youtube.com/watch?v=nRJUzl7mOfs>

BTEC PE - F.I.T.T.

<https://www.youtube.com/watch?v=mUKXGJFGChY>

BTEC PE - Exercise Intensity

<https://www.youtube.com/watch?v=0EemXPwV1vM>

BTEC PE - Exercise Intensity: Heart Rate Training Zone Run

<https://www.youtube.com/watch?v=Wvi9iklBq90>

BTEC PE Fitness Testing Revision

BTEC PE - Fitness Testing Overview

<https://www.youtube.com/watch?v=zFeVaMFJJW4>

BTEC PE - Body Composition Tests

<https://www.youtube.com/watch?v=6pW-4Bsjz14>

BTEC PE - 35m Sprint Test

<https://www.youtube.com/watch?v=slxnebbIUO4>

BTEC PE - Forestry Step Test

https://www.youtube.com/watch?v=BSgB_MfyGj8

BTEC PE - Sit & Reach Test

<https://www.youtube.com/watch?v=eiK-zXtjcl4>

BTEC PE - Vertical Jump Test

<https://www.youtube.com/watch?v=MOve-INBbOM>

BTEC PE - 1 Minute Press-up & Sit-up Test

<https://www.youtube.com/watch?v=HHVJ6L4-14E>

BTEC PE - Grip Dynamometer Test

<https://www.youtube.com/watch?v=bllwBvZO77A>

BTEC PE - Illinois Agility Run

<https://www.youtube.com/watch?v=4o2FDbvJtO4>

BTEC PE - Test Results Analysis

<https://www.youtube.com/watch?v=s4fGUC7Ut9Q>

BTEC PE - Training Methods Revision

BTEC PE - Training and Testing Overview

<https://www.youtube.com/watch?v=FcTduvgAqLY>

BTEC PE - Flexibility Training

<https://www.youtube.com/watch?v=SDGQH25l4so>

BTEC PE - Fartlek Training

<https://www.youtube.com/watch?v=a0FX0EFOIX8>

BTEC PE - Plyometric Training

<https://www.youtube.com/watch?v=JeUBWyDzVhY>

BTEC PE - Aerobic Endurance Training

<https://www.youtube.com/watch?v=qIYBOFPCDK4>

BTEC PE - Free Weights Training

<https://www.youtube.com/watch?v=xleJQQnXqWI>

BTEC PE - Circuit Training

<https://www.youtube.com/watch?v=JlrZ0wR6rsI>

BTEC PE - Circuit Training 2

<https://www.youtube.com/watch?v=MLdatWlUwsI>

BTEC PE - Circuit Training 3

https://www.youtube.com/watch?v=mc6a2_byNhw

BTEC PE - Speed Training

<https://www.youtube.com/watch?v=hMT94y2aUYs>

BTEC PE - Flexibility Training

<https://www.youtube.com/watch?v=SDGQH25l4so>

BTEC PE – 1-4 Mark Questions

BTEC PE - Practice Exam Questions 1

<https://www.youtube.com/watch?v=FVgt03UEnLw>

BTEC PE - Practice Exam Questions 2 + Answers

<https://www.youtube.com/watch?v=VUH2Xiznx8w>

BTEC PE - Practice Exam Questions 3 + Answers

<https://www.youtube.com/watch?v=fsEUnmSVp9k>

BTEC PE - Practice Exam Questions 4 + Answers

<https://www.youtube.com/watch?v=N-mqPRrRptc>

BTEC PE - Practice Exam Question 5 + Answers

<https://www.youtube.com/watch?v=RWwp1xvdYAY>

BTEC PE - Practice Exam Questions 6 + Answers

<https://www.youtube.com/watch?v=-8IUYtRCAgw>

BTEC PE - Revision Tips

<https://www.youtube.com/watch?v=Bel7DUm4NRI>

BTEC PE - 8 Mark Questions

BTEC PE - How to Answer an 8 Mark Exam Question

<https://www.youtube.com/watch?v=lcDSKlrLDO0>

BTEC PE - 8 Mark Question 2 + Answer

<https://www.youtube.com/watch?v=DTuuZ-mhkio>

BTEC PE - 8 Mark Question 3 + Answer

<https://www.youtube.com/watch?v=M7WT-JiHT60>

BTEC PE - 8 Mark Question 4 + Answer

<https://www.youtube.com/watch?v=9JyKeGvjgWk>

BTEC PE - 8 Mark Question 5 + Answer

<https://www.youtube.com/watch?v=3zInfNtnGOs>

BTEC PE - 8 Mark Question 6 + Answers

<https://www.youtube.com/watch?v=-8IUYtRCAgw>