

# Reach your Peak

Presenter: Rob Malpeli

Places  
are strictly  
limited

## Physical Education Exam Revision Sessions



### Features of the program:

Each session is designed for students who want to maximise their full potential in the Physical Education Examination in 2024. Each face2face or webinar Unit 3 & 4 (180 mins) will offer comprehensive coverage of both units with an emphasis on the content that is frequently misunderstood and application to exam style questions. Maximum student engagement will be encouraged during each session with Q & A active throughout.

### NEW 'INTENSIVE' webinar options (150mins) :

Cover all content, with intense focus on the following areas:

#### UNIT 3 'INTENSIVE'

Worked examples & exam style application tasks

- Biomechanics
- Acute responses to exercise (including oxygen supply @ rest, activity & recovery)
- Energy system interplay
- Fatigue & recovery considerations

#### Unit 4 'INTENSIVE'

Worked examples & exam style application tasks

- Designing a training program
- Training program methods & principles
- Evaluating a training program
- Chronic adaptations & performance benefits

### Student bonus rewards:

All attendees will receive:

- ✓ A comprehensive notes booklet
- ✓ A practice exam (valued at \$125) with an opportunity for it to be cross-marked via zoom

### Program advantages:

Students can:

- ✓ Select either Face2Face or Webinar sessions
- ✓ Decide to attend multiple sessions
- ✓ Select a session to coincide with final SACs
- ✓ Start their revision early/during the holidays or at a time that suits them or their class
- ✓ Drill deeper into Unit 3 or 4 content by attending an 'INTENSIVE' webinar session. Greater understanding and application of the 'harder' concepts will be addressed.

### 2024 PE EXAM REVISION OPTIONS

**Face2Face cost is \$70.00\* per session (GST inc.)**

DATES	TIMES	LOCATION
Tues. Sept 10th	5:00 – 8:00pm	Melb Uni Shepparton
Wed. Sept 11th	5:00 – 8:00pm	St Patrick's Ballarat
Mon. Sept 16th	5:00 – 8:00pm	Mackillop Werribee
Wed. Sept 18th	5:00 – 8:00pm	CMC Bendigo
Fri. Sept 20th	10:30am – 1:30pm	Mildura SSC
Tues. Sept 24th	10:00am – 1:00pm	Firbank Brighton
Wed. Oct 2nd	5:00 – 8:00pm	Kings Coll Warnambool
Thurs. Oct 3rd	5:00 – 8:00pm	Hamilton College
Tues. Oct 8th	5:00 – 8:00pm	Kardinia Geelong
Wed. Oct 9th	5:00 – 8:00pm	Horsham College
Thurs. Oct 10th	5:00 – 8:00pm	Monash Uni Frankston
Mon. Oct 14th	5:00 – 8:00pm	Doncaster SC
Tues. Oct 15th	5:00 – 8:00pm	St Paul's Warragul

**U3&4 WEBINAR COST IS \$60 PER SESSION (GST inc.)**

Dates	Times	Location
Monday Sept 23th	10.00am – 1.00pm	Zoom Webinar

**U3 or U4 INTENSIVE WEBINAR : \$40 PER SESSION (GST inc.)**

Dates	Times	Location
Monday Sept 30th Unit 3 INTENSIVE	10.00am – 12.30pm	Zoom Webinar
Tuesday Oct 1st Unit 4 INTENSIVE	10.00am – 12.30pm	Zoom Webinar

Students should choose the dates & sessions that are most suitable for them.

\*P. E. teachers accompanying students are admitted free of charge.

2023 programs received an overwhelming response – **it is essential to secure your place in the revision program at your earliest opportunity.**

Whole school bookings and other enquiries  
[rob@peakphysed.com.au](mailto:rob@peakphysed.com.au)

**CLICK HERE TO REGISTER &  
SECURE YOUR PLACE**

