	Year 11 GCSE	Revision - P	hysical Education
Week	Topics for revision	Re-visit work	Suggested activities
beginning			
30 th Jan Week 1	1.1.2 Influences on your healthy, active lifestyle;	Briefly recap benefits & reasons for participation.	The GCSE Specification https://qualifications.pearson.com/content/dam/p
2 Lessons	illestyle,		df/GCSE/Physical%20Education/2009/Specificat
Z Lessons	people: family, peers, role models	Questions to think about from the topics this week?	ion%20and%20sample%20assessments/GCSE PE Spec.pdf http://www.bbc.co.uk/schools/gcsebitesize/
	image: fashion, media coverage cultural: age, disability,	Can you identify key influences that have an impact on them, and others,	http://www.s-cool.co.uk/gcse/pe
	gender, race resources: access,	achieving sustained involvement in physical activity?	http://revisionworld.co.uk/gcse-revision/pe-physical-education
	availability, location, time		Use of podcasts on reference drive
	health and wellbeing: illness, health problems		Edexcel GCSE Physical Education Student Book
	socio-economic: cost, perceived status of the		Pearson Revision Guide and Revision Workbook
	activity CHIPS-R		Use revision tools on school website and PE reference drive
			Friday 3-4pm Revision Session
6 th Feb	1.1.2 Explain opportunities	Briefly recap Influences on	The GCSE Specification
Week 2	Diff. ()	participation.	https://qualifications.pearson.com/content/dam/p
3 Lessons	Different roles Participation Pyramid	Questions to think about from the topics this week?	df/GCSE/Physical%20Education/2009/Specificat ion%20and%20sample%20assessments/GCSE PE Spec.pdf
	Different organisation Sport England Youth Sports Trust NGB	Explain the opportunities available to become, or remain, involved in physical	http://www.bbc.co.uk/schools/gcsebitesize/
	INGB	activity in a range of roles? Explain the sports participation pyramid with regard to the foundation,	http://revisionworld.co.uk/gcse-revision/pe-physical-education
		participation, performance and elite stages	Use of podcasts on reference drive
		Describe the common purposes of initiatives developed to provide opportunities for becoming,	Edexcel GCSE Physical Education Student Book
		or remaining, involved in physical activity?	Pearson Revision Guide and Revision Workbook
		Identify agencies involved in the provisions of opportunities for becoming,	Use revision tools on school website and PE reference drive
		or remaining, involved in physical activity?	Friday 3-4pm Revision Session

13 th Feb	1.1.3	Briefly revisit	The GCSE Specification
	Explain the terms:	Opportunities	
	Health	Roles	https://qualifications.pearson.com/content/dam/p
Week 1	Fitness	Participation Pyramid	df/GCSE/Physical%20Education/2009/Specifical
	Exercise	Different organisations	ion%20and%20sample%20assessments/GCSE
2 Lessons	Exercise	Binoroni organicationo	
2 20000110		Questions to think	PE Spec.pdf
	Components of health		
	Components of health-	about from the topics	http://www.bbc.co.uk/schools/gcsebitesize/
	related exercise:	this week?	
	Cardiovascular fitness	E 1-1 (b 1 11 10	letter//www.co.co.loo.uk/soco/so
	Muscular strength	Explain the terms, Health, Fitness and Exercise?	http://www.s-cool.co.uk/gcse/pe
	Muscular endurance	Filliess and Exercise?	
	Flexibility	Describe and explain the 5	http://revisionworld.co.uk/gcse-revision/pe-
	Body composition	components of health	physical-education
	Body composition	related exercise?	
	FaceBook Makes Me		Use of podcasts on reference drive
			Ose of podcasts of reference drive
	C ry	Use acronym	F. 1000F.BI : 151 (: 0) 1 (
		FaceBook Makes Me Cry	Edexcel GCSE Physical Education Student
	Components of skill-	Describe and contain the F	Book
	related fitness:	Describe and explain the 5	
	Agility	components of skill related fitness?	Pearson Revision Guide and Revision
	Balance		Workbook
	Coordination	Use acronym	
		CRABS-P	Use revision tools on school website and PE
	Power	OT VIDO T	
	Reaction time		reference drive
	Speed	Can you relate each	
	·	component of both HRE and	Friday 3-4pm Revision Session
	CRABS-P	SRF to a physical activity,	, .
	OT VABO-I	identifying the relative	
		importance of each one to	
	Relate the importance of	different physical?	
	each component to a		
	sporting example		
20 th Feb			The GCSE Specification
			ccc = cpcccac
HALF TERM			
IIALI ILIXIVI			https://qualifications.pearson.com/content/dam/p
			df/GCSE/Physical%20Education/2009/Specifica
			ion%20and%20sample%20assessments/GCSE
			_PE_Spec.pdf
			http://www.bbc.co.uk/schools/gcsebitesize/
			mttp://www.bbc.co.uk/schools/gcsebitesize/
			http://www.s-cool.co.uk/gcse/pe
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			http://revisionworld.co.uk/gcse-revision/pe-physical-education
			http://revisionworld.co.uk/gcse-revision/pe-
			http://revisionworld.co.uk/gcse-revision/pe-physical-education
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE
			http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive
27th Eab	114	Briafly rocan	http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session
27th Feb	1.1.4	Briefly recap	http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive
27th Feb	PAR-Q	components of Health	http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session The GCSE Specification
	PAR-Q Fitness Tests and their		http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session The GCSE Specification
	PAR-Q	components of Health	http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session The GCSE Specification https://qualifications.pearson.com/content/dam/p
27th Feb Week 2 3 Lessons	PAR-Q Fitness Tests and their relationship to	components of Health and Fitness	http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session The GCSE Specification https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specifica
Week 2	PAR-Q Fitness Tests and their	components of Health	http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session The GCSE Specification https://qualifications.pearson.com/content/dam/p

	Importance of goal	CRABS-P	http://www.bbc.co.uk/schools/gcsebitesize/
	setting		http://www.s-cool.co.uk/gcse/pe
	SMART Targets	Questions to think about from the topics this week?	http://revisionworld.co.uk/gcse-revision/pe-physical-education
		What is a PAR-Q?	Use of podcasts on reference drive
		Explain each fitness test and explain what component of fitness it is measuring?	Edexcel GCSE Physical Education Student Book
		Discuss the use of target setting (SMART targets) to improve performance?	Pearson Revision Guide and Revision Workbook
			Use revision tools on school website and PE reference drive
			Friday 3-4pm Revision Session
6 th March	1.1.4 Describe, explain and	Briefly recap PAR-Q	The GCSE Specification
Week 1 2 Lessons	apply the principles of training: Progressive overload Specificity	Testing Goal setting / SMART Targets	https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE
2 20000110	Individual differences Rest and recovery	Questions to think	PE Spec.pdf http://www.bbc.co.uk/schools/gcsebitesize/
	FITT Principle Reversibility	about from the topics this week?	http://www.s-cool.co.uk/gcse/pe
		Discuss, using examples, how the principles of training can improve the fitness of a group of GCSE PE	http://revisionworld.co.uk/gcse-revision/pe-physical-education
		students? How would you apply the	Use of podcasts on reference drive
		FITT principle as part of a training programme?	Edexcel GCSE Physical Education Student Book
		Explain how principles of training are applied to a 6 week PEP?	Pearson Revision Guide and Revision Workbook
			Use revision tools on school website and PE reference drive
			Friday 3-4pm Revision Session
13 th March	1.1.4	Briefly recap principles	The GCSE Specification
	Describe the following	of training	
Week 2	methods of training:		https://qualifications.pearson.com/content/dam/p
3 Lessons	Interval	Questions to think	df/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE
	Continuous	about from the topics	PE Spec.pdf
	Fartlek	this week?	
	Circuit Weight	Describe and explain	http://www.bbc.co.uk/schools/gcsebitesize/
	Cross	different methods of training and discuss the advantages and disadvantages of using	http://www.s-cool.co.uk/gcse/pe
	Explain how they can	them?	http://revisionworld.co.uk/gcse-revision/pe-
	improve health and fitness	Can you give examples of specific sports that would use certain methods of	physical-education
		training?	Use of podcasts on reference drive

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	With specific examples and references to sports	Can you link methods of training to anaerobic and aerobic activity?	Edexcel GCSE Physical Education Student Book
	Explain how principles of training are used in different training methods.	What is the purpose of a warm up and cool down, explaining the correct way to warm up?	Pearson Revision Guide and Revision Workbook
	Heart rate zones	Do you understand what is meant by resting heart rate, working heart rate and recovery rates, and be able to plot examples on a graph	Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session
	Aerobic and Anaerobic activity	and evaluate?	
20 th March	1.1.5 Diet	Briefly recap Training Methods	The GCSE Specification
Week 1 2 Lessons	Explain the importance, and use, of macro nutrients	Questions to think about from the topics this week?	https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSEPE Spec.pdf
	(carbohydrates, fats and protein), micro nutrients (minerals and vitamins), water and fibre for	Discuss why an elite sports performer will make sure they eat a balanced diet?	http://www.bbc.co.uk/schools/gcsebitesize/
	personal health and wellbeing, and maintaining a healthy, active lifestyle	Explain the need to consider the timing of dietary intake when performing due to the redistribution of blood flow	http://www.s-cool.co.uk/gcse/pe http://revisionworld.co.uk/gcse-revision/pe-physical-education
	Explain the need to consider the timing of	(blood shunting) during exercise?	Use of podcasts on reference drive Edexcel GCSE Physical Education Student
	dietary intake when performing due to the redistribution of blood flow (blood shunting)		Book Pearson Revision Guide and Revision Workbook
	during exercise.		Use revision tools on school website and PE reference drive
			Friday 3-4pm Revision Session
27 th March	1.2.1	Briefly recap diet	The GCSE Specification
Week 2 3 Lessons	Explain the different body types (somatypes): endomorph, mesmomorph and	Questions to think about from the topics this week?	https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSE_PE_Spec.pdf
	ectomorph and explain the effect each can have on participation and	Describe the different body types (somatypes): endomorph, mesmomorph and explain	http://www.bbc.co.uk/schools/gcsebitesize/
	performance, including identifying activities where different body	the effect each can have on participation and performance, including identifying activities where	http://www.s-cool.co.uk/gcse/pe
	types are an advantage. Optimum Weight	different body types are an advantage?	http://revisionworld.co.uk/gcse-revision/pe-physical-education
	Weight related conditions	Outline why, and how, expected and optimum weight varies according to height, gender, bone structure and muscle girth, and explain how this may affect participation, and	Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book
		performance, in physical activity?	Pearson Revision Guide and Revision Workbook

	Performance Enhancing Drugs (anabolic steroids, beta blockers, diuretics, narcotic analgesics, stimulants, peptide hormones – including erythropoietin/EPO recreational (alcohol, nicotine/smoking) Health risks associated with these drugs	Explain the terms: anorexic, obese, overfat, overweight and underweight and explain how they may impact on achieving a sustained involvement in physical activity? Describe the effects of smoking and alcohol on general health and on physical activity? Describe each category of performance enhancing drugs using examples of the sportspeople that would use them? What are the health risk for each individual performance enhancing drug?	Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session
3 ^{ra} April	1.2.2	Briefly recap	The GCSE Specification
Week 1 2 Lessons	Cardiovascular System Immediate and short term effects of the cardiovascular system	somatotypes drugs in sport Questions to think about from the topics this week?	https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSEPESpec.pdf
10th April	Effects of regular participation And effects of long term participation on the cardiovascular system Importance of rest and adaptations for the cardiovascular system Effects of diet/lifestyle on the cardiovascular system.	What are the immediate and short-term effects of participation in exercise and physical activity on the cardiovascular system? What are the effects of regular participation in – and long-term effects of participation in – exercise and physical activity on the cardiovascular system? Define: Cardiac output Stroke volume Blood vessels Cardiac hypertrophy Blood pressure (Systolic/Diastolic) Why is rest so important when working on increasing cardiovascular fitness? What does the word adaptations mean? What are the effects of lifestyle on the cardiovascular system?	http://www.bbc.co.uk/schools/gcsebitesize/ http://www.s-cool.co.uk/gcse/pe http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-4pm Revision Session
10th April EASTER	Monday 10 th April Revision 10am -1pm		The GCSE Specification https://qualifications.pearson.com/content/dam/p df/GCSE/Physical%20Education/2009/Specificat ion%20and%20sample%20assessments/GCSE PE Spec.pdf http://www.bbc.co.uk/schools/gcsebitesize/ http://www.s-cool.co.uk/gcse/pe

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			http://revisionworld.co.uk/gcse-revision/pe-physical-education
			Use of podcasts on reference drive
			Edexcel GCSE Physical Education Student Book
			Pearson Revision Guide and Revision Workbook
			Use revision tools on school website and PE reference drive
			Friday 3-4pm Revision Session
17 th April	Thursday 20 th April Revision 10am – 1pm		The GCSE Specification
EASTER			https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2009/Specification%20and%20sample%20assessments/GCSEPESpec.pdf
			http://www.bbc.co.uk/schools/gcsebitesize/
			http://www.s-cool.co.uk/gcse/pe
			http://revisionworld.co.uk/gcse-revision/pe-physical-education
			Use of podcasts on reference drive
			Edexcel GCSE Physical Education Student Book
			Pearson Revision Guide and Revision Workbook
			Use revision tools on school website and PE reference drive
			Friday 3-4pm Revision Session
24 th April	1.2.3 Respiratory System	Briefly recap cardiovascular system	The GCSE Specification
Week 2		-	https://qualifications.pearson.com/content/dam/p
	Immediate and short	Questions to think	df/GCSE/Physical%20Education/2009/Specificat
3 Lessons	term effects of the	about from the topics	ion%20and%20sample%20assessments/GCSE
	respiratory system	this week?	PE Spec.pdf
	Effects of regular participation	What are the immediate and	http://www.bbc.co.uk/schools/gcsebitesize/
	and effects of long term participation on the respiratory system	short-term effects of participation in exercise and physical activity on the	http://www.s-cool.co.uk/gcse/pe
	Effect of lifestyle on the	respiratory system? What are the effects of	http://revisionworld.co.uk/gcse-revision/pe-physical-education
	respiratory system	regular participation in – and long-term effects of participation in – exercise	Use of podcasts on reference drive
	1.2.4 Muscular System	and physical activity on the respiratory system?	Edexcel GCSE Physical Education Student Book
	Major muscle groups and their roles –	What effect do recreational drugs have on the respiratory system?	Pearson Revision Guide and Revision Workbook
	antagonistic pairs	Define:	

	T	Ovugan daht	Literandelen faste de la 1997 de 1997
	lusans distance de la cont	Oxygen debt Lung capacity/volume	Use revision tools on school website and PE
	Immediate and short term effects of the	Vital capacity	reference drive
			Friday 2 4nm Bayisian Sassian
	muscular system	What are the 11 muscles	Friday 3-4pm Revision Session
	Effects of regular	you need to know?	
	participation		
	and effects of long term	What is the roles using a	
	participation on the	sporting example for each of these muscles?	
	muscular system		
	indodiai dydioini	What are the immediate and	
	Potential injuries	short-term effects of participation in exercise and	
	,	physical activity on the	
	Rest / Adaptations	muscular system?	
	·	VAII	
	Diet	What are the effects of regular participation in – and	
		long-term effects of	
	Performance enhancing	participation in – exercise	
	drugs	and physical activity on the muscular system?	
		maddalar system:	
		What components of diet	
		would aid the development of muscle growth and why?	
		or muscle growin and why?	
		What performance	
		enhancing drug may a	
		performer most likely use in order to gain an unfair	
		advantage?	
	1.2.5	Briefly recap	The GCSE Specification
1st May	Skeletal System	respiratory system &	
		muscular system	https://qualifications.pearson.com/content/dam/p
Week 1	Function of the skeleton		df/GCSE/Physical%20Education/2009/Specificat
		Questions to think	ion%20and%20sample%20assessments/GCSE
2 Lessons	Range of movement at	about from the topics	PE_Spec.pdf
	the knee/elbow &	this week?	
	shoulder and hip	What is the role of the	http://www.bbc.co.uk/schools/gcsebitesize/
	Effects of regular	skeleton?	
	Effects of regular participation on the		http://www.s-cool.co.uk/gcse/pe
	skeletal system	What are the 5 range movements that can occur	
	Skeletal System	at a joint?	http://revisionworld.co.uk/gcse-revision/pe-
	Importance of weight		physical-education
	baring exercise	What range of movement	
		can be seen at a hinge joint and give an example?	Use of podcasts on reference drive
	Skeletal Injury or		
	conditions	What range of movement	Edexcel GCSE Physical Education Student
		can be seen at a ball and socket joint and give an	Book
	Influence of diet on the	example?	
	skeletal system		Pearson Revision Guide and Revision
		What is the importance of a	Workbook
		weight-bearing exercise?	Has madeline to the Control of the C
		Give an example of a non-	Use revision tools on school website and PE
		weight bearing exercise?	reference drive
		What are the potential	Friday 3-Apm Povision Session
		injuries that may take place	Friday 3-4pm Revision Session
		to the skeletal system?	
		How could you treat a strain	
		or sprain?	
		How can diet influence the	
		skeletal system?	
8th May	Exam Technique		The GCSE Specification
Juliviay	LAGIII I GOIIIIIQUE		The Good openiication
Week 2			https://qualifications.pearson.com/content/dam/p
			df/GCSE/Physical%20Education/2009/Specificat
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3 Lessons			

		ion%20and%20sample%20assessments/GCSE PE Spec.pdf http://www.bbc.co.uk/schools/gcsebitesize/ http://www.s-cool.co.uk/gcse/pe http://revisionworld.co.uk/gcse-revision/pe-physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive Friday 3-5pm Revision Session
15 th May Week 1 2 Lessons	Unit 1: The Theory Of Physical Education Exam Friday 19 th May 1pm 1 hour 30 minutes	The GCSE Specification https://qualifications.pearson.com/content/dam/p df/GCSE/Physical%20Education/2009/Specificat ion%20and%20sample%20assessments/GCSE PE Spec.pdf http://www.bbc.co.uk/schools/gcsebitesize/ http://www.s-cool.co.uk/gcse/pe http://revisionworld.co.uk/gcse-revision/pe- physical-education Use of podcasts on reference drive Edexcel GCSE Physical Education Student Book Pearson Revision Guide and Revision Workbook Use revision tools on school website and PE reference drive THURSDAY 3-5pm Revision Session