



GCSE PE Revision Programme 2019—17 school weeks only

Weeks Start	Paper 1/2 (Circle)	Revision tasks - write in the topics you are going to focus on for the week using Topic on a Page	Completed?
17.02.20	Paper 1	The Skeletal System and Joints	
24.02.20	Paper 1	The Structure and Function of the Muscular System	
02.03.20	Paper 1	Movement Analysis—Planes of movement, Axes of Rotation and Levers	
09.03.20	Paper 1	The Cardiovascular and Respiratory Systems	
16.03.20	Paper 1	Short and Long term effects of exercise on the Body Systems	
23.03.20	Paper 1	Physical Training—Components of Fitness, Testing, Applying Training Principles,	
30.03.20	Paper 1	Applying Training Principles, Warm up and Cool Down, Types of Training Preventing Injury	
06.04.20	Paper	Sports Psychology—Goal Setting, Characteristics of Skilful Movement,, Skill Classification	
13.04.20	Paper	Sports Psychology—Types of Guidance, Feedback and Mental Preparation	
20.04.20	Paper	Health, fitness and well being, Diet and Nutrition	
27.04.20	Paper	Socio Cultural Influences—participation Levels	
04.05.20	Paper	Commercialisation of physical activity and sport—Golden Triangle, Media, Sponsorship	
11.05.20	Paper	Ethical and socio-cultural issues– Drugs in sport, Violence in sport, Sportsmanship, Games-	
18.05.20	Paper	EXAM WEEK!!	



Subject—GCSE PHYSICAL EDUCATION

Student: _____ Teacher: _____

Target Grade:

Predicted Grade:

Subject Paper 1 - November (2019) mock grade:

Subject Paper 2 - November (2019) mock grade:

Key Dates

Exam 1—J587/01—Physical Factors Affecting Performance—**Wednesday 13th May 2020.**

Exam 2—J587/02—Socio-Cultural Issues and Sports Psychology—**Friday 15th May 2020.**

Extra support available

Monday night revision sessions

Revision Guides—available from Student Services

Purple Paper 1 and 2 A3 **Revision Guides**—student and teacher copy

Purple Paper 1 **Revision Booklet**

Purple Paper 2 **Revision Booklet** (to be given out at a later date)

Practice papers will be given out during lessons



KEEP CALM

AND

START REVISION