

Exam Board	Recommended revision guide	Support available in school
AQA	My Revision Notes: AQA GCSE (9–1) PE Third Edition 	September - February: GCSE PE Practical activity sports Clubs (Lunchtimes and after School) March - May GCSE PE Theory intervention (Lunchtimes)



Physical Education

Revision Schedule 2026-27



Useful online resources	Exam date(s)
https://senecalearning.com/en-GB/blog/free-aqa-pe-gcse-revision/ https://www.thenational.academy/teachers/programmes/physical-education-secondary-aqa/units?keystages=ks4 https://www.bbc.co.uk/bitesize/examspecs/zp49cwz	13/05/2027 - Paper 1 (Provisional) 20/05/2027 - Paper 2 (Provisional)

September					
Week beginning...	Topic	Content to revise	Complete (tick)	Knowledge test score	Weeks left
Monday 7th	3.1.3.1 The relationship between health and fitness and the role that exercise plays in both	Components of fitness Health vs skill components Task: Create flashcards + complete 10 retrieval questions.			32
Monday 14th	3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved	Fitness testing Validity, reliability, practicality Task: Match tests to components + 6-mark question.			31
Monday 21st	3.1.3.3 The principles of training and their application to personal exercise/training programmes	Principles of training (SPORT & FITT) Task: Build a training plan applying SPORT.			30
Monday 28th	3.1.3.3 The principles of training and their application to personal exercise/training programmes	Training methods Circuit, interval, continuous, HIIT, plyometrics Task: Compare 3 methods + exam question.			29
October					
Monday 5th	3.1.3.4 How to optimise training and prevent injury 3.1.3.5 Effective use of warm up and cool down	Injury prevention Warm-up/cool-down Task: Create a safe training session plan.			28
Monday 12th	3.1.4.1 Demonstrate an understanding of how data are collected – both qualitative and quantitative 3.1.4.2 Present data (including tables and graphs) 3.1.4.3 Analyse and evaluate data	Use of data Quantitative vs qualitative Task: Interpret 3 data tables.			27

Monday 19th	EXAM PRACTICE	Designing training programmes Progressive overload Task: 9-mark question.			26
Monday 26th		HALF TERM Light revision: 20-minute daily retrieval quizzes.			25
November					
Monday 2nd	3.2.1.1 Classification of skills (basic/complex, open/closed)	Sports psychology intro Personality, motivation Task: Create definitions + examples.			24
Monday 9th (Mock Week 1)	3.2.1.2 The use of goal setting and SMART targets to improve and/or optimise performance	Goal setting & SMART Task: Write SMART goals for 3 performers.			23
Monday 16th (Mock week 2)	3.2.1.3 Basic information processing	Information processing Selective attention Task: Draw the model + apply to sport.			22
Monday 23rd	3.2.1.4 Guidance and feedback on performance	Guidance & feedback KP/KR, positive/negative Task: 6-mark comparison.			21
Monday 30th	3.2.1.5 Mental preparation for performance	Mental preparation Imagery, rehearsal, relaxation Task: Create examples for 3 sports.			20
December					
Monday 7th	3.2.2.1 Engagement patterns of different social groups in physical activity and sport	Engagement patterns Barriers + solutions Task: Case study analysis.			19
Monday 14th	3.2.2.2 Commercialisation of physical activity and sport	Commercialisation Golden triangle Task: 9-mark exam question.			18
January					
Monday 4th	3.2.2.3 Ethical and socio-cultural issues in physical activity and sport	Ethical & socio-cultural issues Sportsmanship, gamesmanship, deviance Task: 6-mark question.			17

Monday 11th	3.2.3.1 Physical, emotional and social health, fitness and wellbeing	Physical, emotional & social health Task: Create a mind map.			16
Monday 18th	3.2.3.1 Physical, emotional and social health, fitness and wellbeing	Sedentary lifestyle Health risks Task: Short-answer practice.			15
Monday 25th (Mock Week 1)	3.2.3.3 Energy use, diet, nutrition and hydration	Energy use Aerobic/anaerobic Task: Compare systems + data question.			14
February					
Monday 1st (Mock Week 2)	3.2.3.3 Energy use, diet, nutrition and hydration	Diet, nutrition & hydration Task: Create a performer diet plan.			13
Monday 10th	3.1.1.1 The structure and functions of the musculoskeletal system	Functions of the skeleton Types of bones & joints Task: Label diagrams + joint movement examples.			12
Monday 15th	3.1.1.1 The structure and functions of the musculoskeletal system	Major muscle groups Antagonistic pairs Task: Movement analysis for 4 sporting actions.			11
Monday 22nd	3.1.1.2 The structure and functions of the cardio-respiratory system	Heart structure & cardiac cycle Blood vessels Task: Data interpretation on HR/SV/Q.			10
March					
Monday 1st	3.1.1.2 The structure and functions of the cardio-respiratory system	Lungs, alveoli, gas exchange Task: Diagram labelling + 6-mark question.			9
Monday 8th	3.1.1.3 Anaerobic and aerobic exercise	Energy systems Task: Sporting examples + data table.			8
Monday 15th	3.1.1.4 The short and long term effects of exercise	Short-term effects of exercise Immediate CV/resp/muscular responses Task: Create a match-up activity.			7
Monday 22nd	3.1.1.4 The short and long term effects of exercise	Long-term effects of exercise Adaptations Task: 9-mark question.			6

Monday 29th	3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement 3.1.2.2 Planes and axes of movement	Levers Planes & axes Task: Movement analysis + lever diagrams.			5
April					
Monday 5th		Practice papers			4
Monday 12th		Practice papers			3
Monday 19th		Practice papers			2
Monday 26th		Practice papers			1
May					
Monday 3rd		Practice Papers			0
Monday 10th					0
Monday 17th					0
Monday 24th					0
Monday 31st					0
June					

Monday 7 th					0
Monday 14 th					0