

Revision Plan – GCSE PE

Dates of Exams:

15th May - Paper 1 – Applied Anatomy and Physiology

**17th May – Paper 2 – Sociocultural influences in sport
and activity**

7th Jan – 11th Jan	Skeletal System Bones, Functions of the skeleton
14th Jan – 18th Jan	Fitness and Health Health issues, benefits of exercise, Health and Fitness definitions
21st Jan – 25th Jan	Muscular System Muscles, Muscles types, muscle contractions, movements
28th Jan – 1st Feb	Skills and Abilities Continua, Classification of skill
4th Feb – 8th Feb	Cardiovascular System Heart, Blood Vessels, Blood, pathway of blood, Structure of the heart and vessels, Vascular Shunt
11th Feb – 15th Feb	Goal Setting Smart Targets

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25th Feb – 1st March	Respiratory System Structure and functions, mechanics of breathing, lung volumes
4th March – 8th March	Types of Training Continuous, fartlek, interval etc.
11th March – 15th March	Components of Fitness BCRAP, CV Fit, Flex, Musc End, Musc Strength, Speed
18th March – 22nd March	Socio-Cultural Influences in Sport Race, Culture, Gender, Disability
25th March – 29th March	Learning and Guidance Manual, verbal, demonstration etc.
1st April – 5th April	Spirometry Trace Lung Volumes and Interpreting Data
8th April – 12th April	Movement Analysis Planes of motion, types of movement, axis of rotation

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29th April – 3rd May	Paper 1 Overview
6th May – 10th May	Paper 2 Overview

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