

2026 Weekly Revision Calendar- PE (This is the minimum of what you are expected to complete each week.)

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					6 th	7 th	8 th
Jan 2026	Week Beginning 5 th	<u>The structure and function of the skeletal system</u> <ul style="list-style-type: none"> Location of major bones; functions of the skeleton; Types of synovial joint; types of movement at hinge joints and ball and socket joints; components of joints. 					
	Week Beginning 12 th	<u>The structure and function of the muscular system</u> <ul style="list-style-type: none"> Location of major muscle groups The role of muscles in movement; antagonistic pairs; agonist and antagonist; fixator; insertion and origin. 					
	Week Beginning 19 th	<u>Movement analysis</u> <ul style="list-style-type: none"> Lever system; planes of movement; axes of rotation. 					
	Week Beginning 26 th	<u>The cardiovascular and respiratory systems</u> <ul style="list-style-type: none"> Structure and function of the cardiovascular system (double circulatory system, blood and blood vessels, the heart and the pathway of blood, cardiac output, stroke volume and heart rate). Structure and function of the respiratory system (the pathway of air, the role of respiratory muscles in breathing, aerobic and anaerobic exercise) 					
	Week Beginning 2 nd	<u>The cardiovascular and respiratory systems</u> <ul style="list-style-type: none"> Structure and function of the cardiovascular system (double circulatory system, blood and blood vessels, the heart and the pathway of blood, cardiac output, stroke volume and heart rate). Structure and function of the respiratory system (the pathway of air, the role of respiratory muscles in breathing, aerobic and anaerobic exercise) 					
Feb 2026	Week Beginning 9 th	<u>The effects of exercise on the body systems</u> <ul style="list-style-type: none"> Short term effects of exercise on the body systems. Long term effects of exercise on the body systems; long term benefits of exercise on the body. 					
	Week Beginning 16 th	<u>Components of fitness - including testing</u> <ul style="list-style-type: none"> Cardiovascular endurance/stamina; Muscular endurance; Speed; Strength; Power; Flexibility; Agility; Balance; Co-ordination; Reaction time. 					
	Week Beginning 23 rd	<u>Applying the principles of training</u> <ul style="list-style-type: none"> Principles of training (Specificity, Overload, Progression, Reversibility); Optimising training (FITT Principle); Types of training (Continuous, Fartlek, Interval, Circuit, Weight, Plyometrics, HIIT) Warm-up and cool-down 					

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mar 2026	Week Beginning 2 nd	<u>Preventing injury in physical activity and training</u> <ul style="list-style-type: none"> Minimising the risk of injury; Risk Assessment 					
	Week Beginning 9 th	<u>Engagement patterns of different social groups in physical activities and sports</u> <ul style="list-style-type: none"> Current trends in participation; Factors affecting participation in physical activity (age, gender, ethnicity, family, disability, media) Strategies to improve participation (DCMS, UK Sport, UKSI, YST, NGB, Female specific initiatives) 					
	Week Beginning 16 th	<u>Commercialisation of physical activity and sport</u> <ul style="list-style-type: none"> Influence of the media (commercialisation and the 'Golden Triangle') Influence of sponsorship 					
	Week Beginning 23 rd	<u>Ethical and socio-cultural issues in physical activity and sport</u> <ul style="list-style-type: none"> Ethics in sport (sportsmanship, gamesmanship and deviance) Drugs in sport (types, reasons for their use, ways to prevent their use) Violence in sport 					
	Week Beginning 30 th	<u>Characteristics of skillful movement and classification of skills</u> <ul style="list-style-type: none"> Characteristics of skilled performers Classification of skills 					
Apr 2026	Week Beginning 6 th	<u>Goal setting</u> <ul style="list-style-type: none"> SMART Targets Achieving goals and effective goal setting 					
	Week Beginning 13 th	<u>Mental preparation</u> <ul style="list-style-type: none"> Imagery; mental rehearsal, selective attention; positive thinking 					
	Week Beginning 20 th	<u>Types of guidance and feedback</u> <ul style="list-style-type: none"> Guidance (visual, verbal, manual and mechanical) Feedback (knowledge of results, knowledge of performance) 					
	Week Beginning 27 th	<u>Health, fitness and well-being</u> <ul style="list-style-type: none"> Healthy lifestyle; Fitness; Well-being (Physical health, emotional health and social health benefits) 					
May 2026	Week Beginning 4 th	<u>Diet and nutrition</u> <ul style="list-style-type: none"> The healthy diet; obesity; proteins; fats; carbohydrates; vitamins; minerals; fibre; water Composition of a healthy diet; effective nutritional strategies 					
May/June 2026	<u>Paper 1: Friday 22nd May 2026 (am) - 1 hour</u>						
	<u>Paper 2: Monday 1st June 2026 (am) - 1 hour</u>						

