|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week Beginning**  **Revision Timetable GCSE PE** | **Topic Paper 1** | **Red, Amber Green Confidence** | | | **Topic Paper 2** | **Red, Amber Green Confidence** | | |
| Monday 6th Jan | **The Structure and Function of the Skeletal System** |  |  |  | **Factors affecting participation in physical activity and sport + Major factors that affect participation** |  |  |  | |
| Monday 13th Jan | **The location of the major bones + Types of synovial joint + the range of movement at a joint + The components of the synovial joint** |  |  |  | **Physical Activity and Sport in the UK + Strategies to improve participation** |  |  |  | |
| Monday 20th Jan | **The location of the major muscle groups + the roles of muscles in movements (antagonistic pairs)** |  |  |  | **The commercialisation of physical activity and sport** |  |  |  | |
| Monday 27th Jan | **Lever systems + planes axes of rotation** |  |  |  | **Media’s effect on Sport** |  |  |  | |
| Monday 3rd Feb | **The pathway of air through the respiratory system + The role of respiratory muscles in breathing + Respiratory Values** |  |  |  | **Sponsorship’s effect on Sport** |  |  |  | |
| Monday 10th Feb | **Gaseous Exchange** |  |  |  | **Ethics in Sport** |  |  |  | |
| Monday 17th Feb | **The structure of the heart + The blood vessels** |  |  |  | **Violence in Sport** |  |  |  | |
| Monday 24th Feb | **Pathway of blood through the heart + the double circulatory system** |  |  |  | **Drugs in Sport** |  |  |  | |
| Monday 2nd March | **HR x SV = Q** |  |  |  | **Characteristics of skilful movement +**  **Classification of skills** |  |  |  | |
| Monday 9th March | **Aerobic and Anaerobic Activity**  **Short Term and Long Term Effects of Exercise** |  |  |  | **Goal Setting +**  **SMART Principle** |  |  |  | |
| Monday 16th March | **Components of Fitness** |  |  |  | **Mental Preparation** |  |  |  | |
| Monday 23rd March | **Methods of Training** |  |  |  | **Guidance** |  |  |  | |
| Monday 30th March | **Principles of Training + Optimising Training (FITT)** |  |  |  | **Feedback** |  |  |  | |
| Monday 6th April | **Warm ups and cool Down**  **Preventing Injury** |  |  |  | **Health and well-being**  **The physical, emotional and social health benefits of exercise and consequences of a sedentary lifestyle** |  |  |  | |
| Monday 13th April | **Risk Assessment** |  |  |  | **Diet and Nutrition** |  |  |  | |
| Monday 20th April | Chance to revise different topics |  |  |  | Chance to revise different topics |  |  |  | |
| Monday 27th April | Chance to revise different topics |  |  |  | Chance to revise different topics |  |  |  | |
| Monday 4th May | Chance to revise different topics |  |  |  | Chance to revise different topics |  |  |  | |
| Monday 11th May | **Exam WEEK – Paper 1 Wednesday 13th May** |  |  |  | **Exam WEEK – Paper 2 Wednesday 15th May** |  |  |  | |