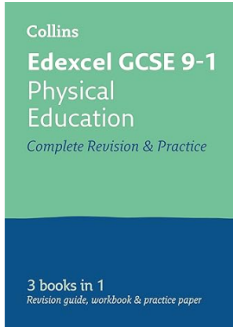
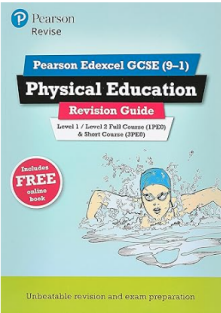
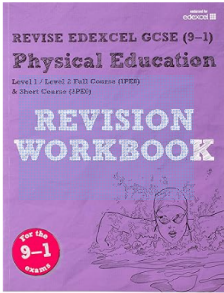


# GCSE Physical Education

Exam Board	Recommended Revision Guide	Support Available at QE
Edexcel	  	<p>PEP 1-1 catch-up sessions arranged with ATP and JXC</p> <p>Extra-curricular practical sessions available for the practical element of the course</p> <p>After school revision as detailed below</p>
Useful online resources		Exam date/s
<p>Add what websites will help them with revision or links to any past paper questions, key subject knowledge etc.</p>		<p><b>Wednesday 22nd May</b> Component 1: Fitness and Body Systems Afternoon 1h 30m</p> <p><b>Monday 3rd June</b> Component 2: Health and Performance - Afternoon 1h 15m</p>

Week beginning	Topic / Content to revise		Completed / RAG rate
	Tuesday	Wednesday	
4th March 9 weeks to go	1.1 Musculoskeletal System	1.2 Cardiorespiratory System	
11th March 8 weeks to go	1.3 Energy	1.4 Short and Long Term Effects of Exercise	
18th March 7 weeks to go	2.1 - Levers 2.2 - Axes	3.1 Health & Fitness 3.2 Components of Fitness	
25th March 6 weeks to go	3.3 Principles of Training	3.4 Long Term Effects of Exercise	
1st April 5 weeks to go	<b>Easter Holidays</b>		
8th April 4 weeks to go			
15th April 3 weeks to go	3.5 Injury Prevention 3.6 Warm Up and Cool Down	1.1 Physical, Social & Emotional Health and Sedentary Lifestyle	

22nd April 2 weeks to go	1.3 Energy use, Diet & Nutrition	2.1 Classification of Skills 2.2 Goal Setting & SMART	
29th April 1 week to go	2.3 - Guidance & Feedback and 2.4 - Mental Preparation	3.1 - Engagement Patterns 3.2 - Commercialisation	
6th May 0 weeks to go	3.3 - Ethics and Deviance	3.2 Components of Fitness	
13th May	1.1 Musculoskeletal System	1.2 Cardiorespiratory System	
20th May	PAPER 1 EXAM 22nd MAY	2.1 Classification of Skills 2.2 Goal Setting & SMART	
27th May	2.3 - Guidance & Feedback and 2.4 - Mental Preparation	1.1 Physical, Social & Emotional Health and Sedentary Lifestyle	
3rd June	PAPER 2 EXAM 3rd JUNE		