



Revision Schedule 2026

Year 13 Revision Schedule 2026

Subject/Course:	A Level PE
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Section A – CB

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.1.1 Diet and nutrition and their effect on physical activity and performance						
Understand the exercise-related function of food classes.	Carbohydrate. Fibre. Fat (saturated fat, trans fat and cholesterol), protein, vitamins (C,D, B-12, B-complex), minerals (sodium, iron, calcium), water (hydration before, during and after physical activity).					A Level PE
Positive and negative effects of dietary supplements/manipulation on the performer.	Creatine, sodium bicarbonate, caffeine, Glycogen loading.					A Level PE

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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance						
Understanding of the key terms relating to laboratory conditions and field tests.	Quantitative and qualitative. Objective and subjective. Validity and reliability.					A Level PE
Physiological effects and benefits of a warm-up and cool down	Stretching for different types of physical activity (static and ballistic).					A Level PE
Principles of training	Specificity, progressive overload, reversibility, recovery, Frequency Intensity Time Type of Training (FITT) principles.					A Level PE
Application of principles of periodisation.	Macro cycle, Meso cycle, Micro cycle. Preparation, competition, transition. Tapering, peaking					A Level PE

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Training methods to improve physical fitness and health	HIIT/interval training (anaerobic power). Continuous training (aerobic power). Fartlek (aerobic power). Circuit training (muscular endurance). Weight training (strength). Proprioceptive Neuromuscular Facilitation (PNF) (flexibility).					A Level PE
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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.1.3 Injury prevention and the rehabilitation of injury						
Types of injury.	Acute (fractures, dislocations, strains, sprains). Chronic (achilles tendonitis, stress fracture, 'tennis elbow').					A Level PE
Understanding different methods used in injury prevention, rehabilitation and recovery.	Injury prevention methods: Screening. Protective equipment. Warm up, flexibility training (active, passive, static and ballistic), taping and bracing. Injury rehabilitation methods (proprioceptive training, strength training, hyperbaric chambers, cryotherapy, hydrotherapy).					A Level PE

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	Recovery from exercise (compression garments, massage/foam rollers, cold therapy, ice bath, cryotherapy).					
Physiological reasons for methods used in injury rehabilitation..	Hyperbaric chambers, cryotherapy. Importance of sleep and nutrition for improved recovery.					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.2.1 Biomechanical principles						
Newton's Three Laws of linear motion applied to sporting movements.	First law (inertia), second law (acceleration), third law (action/reaction). Force.					A Level PE
Definitions, equations and units of example scalars.	Speed, distance Centre of mass.					A Level PE

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Factors affecting stability.	Height of centre of mass, area of base of support, position of line of gravity and body mass					A Level PE
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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.2.2 Levers						
Three classes of lever and examples of their use in the body during physical activity and sport. Mechanical advantage and mechanical disadvantage of each class of lever.	Three classes of lever and examples of their use in the body during physical activity and sport. Mechanical advantage and mechanical disadvantage of each class of lever.					A Level PE

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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.2.3 Linear motion						
An understanding of the forces acting on a performer during linear motion..	Gravity, frictional force, air resistance, internal-muscular force, weight.					A Level PE
Definitions, equations and units of vectors	Weight, velocity, displacement, acceleration and momentum.					A Level PE
Definitions, equations and units of scalars.	Mass, speed and distance The relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs					A Level PE

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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.2.4 Angular motion						
Application of Newton's laws to angular motion.	Application of Newton's laws to angular motion..					A Level PE
Definitions and units for angular motion.	Angular displacement, angular velocity, angular acceleration Conservation of angular momentum during flight, moment of inertia and its relationship with angular velocity.					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.2.5 Projectile motion						
Factors affecting horizontal displacement of projectiles.	Factors affecting horizontal displacement of projectiles.					A Level PE
Factors affecting flight	Factors affecting flight paths of different projectiles.					A Level PE



Section B – CHR

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.3.1.4 Anxiety						

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Types of anxiety.	Somatic, cognitive, competitive trait and competitive state. Advantages and disadvantages of using observations, questionnaires and physiological measures to measure anxiety					A Level PE
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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.3.1.6 Motivation						
Motivation	Intrinsic, extrinsic, tangible and intangible					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.3.1.7 Achievement motivation theory						
Atkinson's Model of achievement motivation.	Need to achieve (Nach) and Need to avoid failure (Naf).					A Level PE

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Characteristics of personality components of achievement motivation						
Impact of situational component of achievement motivation.	Incentive value and probability of success.					A Level PE
Achievement goal theory	Impact of outcome orientated goals and task orientated goals. Strategies to develop approach behaviours leading to improvements in performance.					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.3.1.10 Importance of goal setting						
Benefits of types of goal setting.	Outcome goals, performance related goals, process goals					A Level PE

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Principles of effective goal setting.	SMARTER (specific, measurable, achievable, realistic, time bound, evaluate, re-do).					
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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.3.1.12 Self-efficacy and confidence						
Characteristics of self-efficacy, self-confidence and self-esteem. Bandura's Model of self-efficacy.	Performance accomplishments, vicarious experiences, verbal persuasion and emotional arousal Strategies to develop high levels of self-efficacy leading to improvements in performance.					A Level PE
Vealey's Model of self-confidence.	Relationship between trait sport confidence, competitive orientation, the sport situation and state sport confidence.					A Level PE
Home-field advantage	Effects of home field advantage.					A Level PE

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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.3.1.14 Stress management						
Explanation of the terms 'stress' and 'stressor'. Use of warm up for stress management. Effects of cognitive and somatic techniques on the performer	Explanation of the terms 'stress' and 'stressor'. Use of warm up for stress management. Effects of cognitive and somatic techniques on the performer					A Level PE
Explanation of cognitive techniques.	Mental rehearsal. Visualisation. Imagery. Attentional control and cue utilisation. Thought stopping. Positive self-talk.					A Level PE
Explanation of somatic techniques.	Biofeedback, centering, breathing control, progressive muscle relaxation					A Level PE

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Section C - RSA

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.4.1 Concepts of physical activity and sport						
The characteristics and functions of key concepts and how they create the base of the sporting development continuum.	Physical recreation. Sport. Physical education. School sport. The similarities and the differences between these key concepts.					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.4.2 Development of elite performers in sport						
The factors required to support progression from talent identification	The factors required to support progression from talent identification to elite performance.					A Level PE

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to elite performance.						
The generic roles, purpose and the relationship between organisations in providing support and progression from talent identification through to elite performance.	National Governing Bodies. National Institutes of Sport. UK Sport. The support services provided by National Institutes of Sports for talent development.					A Level PE
The key features of UK Sport's World Class Performance Programme, Gold Event Series and Talent Identification	The support services provided by National Institutes of Sports for talent development. The key features of UK Sport's World Class Performance Programme, Gold Event Series and Talent Identification and Development. Or equivalent current named programmes					A Level PE

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and Development.						
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Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.4.3 Ethics in sport						
Understanding of the key terms relating to ethics in sport.	Amateurism, the Olympic Oath, sportsmanship, gamesmanship, win ethic Positive and negative forms of deviance in relation to the performer.					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.4.4 Violence in sport						
The causes and implications of violence in sport.	Performer Spectator Sport Strategies for preventing violence within sport to the performer and spectator.					A Level PE

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3.2.4.5 Drugs in sport						
The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance	The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance					A Level PE
The physiological effects of drugs on the performer and their performance.	Erythropoietin (EPO). Anabolic steroids. Beta blockers.					A Level PE
The positive and negative implications to the sport and	Physiological adaptations. Social and psychological rewards (for the sport and the performer). Negative impact on current and future health. Social					A Level PE

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the performer of drug taking.	and psychological repercussions (for the sport and the performer).					
	Strategies for elimination of performance enhancing drugs in sport					
Arguments for and against drug taking and testing.	Testing procedures will not be examined					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.4.6 Sport and the law						
The uses of sports legislation.	Performers (contracts, injury, loss of earnings). Officials (negligence). Coaches (duty of care). Spectators (safety, hooliganism).					A Level PE

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
3.2.4.7 Impact of commercialisation on physical activity and sport and the relationship between sport and the media						
The positive and negative	Performer. Coach. Official. Audience. Sport					A Level PE



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impact of commercialisation, sponsorship and the media.					
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