



Year 13 Revision Schedule 2026

Subject/Course:	Health and Social Care – F091 Anatomy and Physiology
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TA1 – Cardiovascular system

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
1.1 Composition of blood	Know the % composition of blood. Explain the functions of white blood cells (antibodies, phagocytosis and destruction of cancer cells), red blood cells/haemoglobin, plasma and platelets. Explain blood viscosity and the clotting process (platelets, clotting factors and fibrin).					KS5 (Year 12-13)
1.2.1 Heart structure & blood flow	Label the main heart structures and state their functions: vena cava, pulmonary artery/vein, aorta, atria, ventricles, valves, septum, cardiac tissue and coronary arteries. Sequence the pathway of blood through the heart.					KS5 (Year 12-13)
1.2.2 Blood pressure	Define blood pressure. Explain systolic and diastolic phases and interpret readings as low, ideal or high.					KS5 (Year 12-13)
1.2.3 Electrical activity of the heart	Know the roles/location of the SA node, AV node, Bundle of His and Purkyne/Purkinje fibres. Explain the cardiac cycle and what P, Q, R, S and T represent. Distinguish normal and abnormal ECG traces.					KS5 (Year 12-13)
1.3 Blood vessels	Compare the structure and function of arteries, capillaries and veins. Explain how structural adaptations support each vessel's function.					KS5 (Year 12-13)
1.4.1 Angina – causes & symptoms	Explain the biological causes of angina and link them to cardiovascular structure/function. Know the main signs and symptoms.					KS5 (Year 12-13)
1.4.1 Angina – diagnosis, treatment & prevention	Explain how ECGs, angiograms and blood tests diagnose/monitor angina. Compare treatments, including angioplasty, coronary bypass, GTN/nitrolingual pump and anticoagulants. Explain risk factors and prevention/control.					KS5 (Year 12-13)



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1.4.1 Angina – impact & application	Analyse physical, intellectual, emotional and social impacts. Apply prevention, monitoring and treatment knowledge to individual scenarios and justify suitable options.					KS5 (Year 12-13)
1.4.2 DVT – causes & symptoms	Explain DVT and pulmonary embolism, linking causes to cardiovascular structure/function. Know the main signs and symptoms.					KS5 (Year 12-13)
1.4.2 DVT – diagnosis, treatment, prevention & impact	Explain ultrasound and venography for diagnosis/monitoring. Explain treatments (anticoagulants, thrombolytics, thrombectomy, filters), their benefits/limitations, risk factors, prevention/control and PIES impacts. Apply to scenarios.					KS5 (Year 12-13)

TA2 – Respiratory system

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
2.1 Respiratory system structure	Label and explain the functions of the epiglottis, larynx, trachea, bronchi, bronchioles, alveoli, diaphragm, ribs, internal/external intercostal muscles, pleural membrane and pleural fluid.					KS5 (Year 12-13)
2.2 Mechanics of breathing	Explain inspiration and expiration, including diaphragm/intercostal muscle action and the inverse relationship between thoracic volume and pressure.					KS5 (Year 12-13)
2.3 Gaseous exchange	Explain diffusion between alveoli and capillaries, diffusion gradients and alveolar adaptations. Explain how oxygen binds to haemoglobin to form oxyhaemoglobin.					KS5 (Year 12-13)
2.4 Cellular respiration	Define cellular respiration. Compare aerobic and anaerobic respiration: location, substances required, products/waste products and ATP production.					KS5 (Year 12-13)
2.5.1 Asthma – causes & symptoms	Explain how asthma affects respiratory structure/function, including smooth-muscle constriction, bronchiole inflammation and mucus production. Know key causes/triggers, signs and symptoms.					KS5 (Year 12-13)



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2.5.1 Asthma – diagnosis, treatment & prevention	Explain peak-flow and spirometry monitoring. Compare reliever/preventer inhalers, steroid tablets and nebulisers, including benefits/limitations. Explain risk factors, triggers and control/prevention.					KS5 (Year 12-13)
2.5.1 Asthma – impact & application	Analyse PIES impacts and apply knowledge of monitoring, treatment and prevention to individual circumstances.					KS5 (Year 12-13)
2.5.2 Bacterial pneumonia – causes & symptoms	Explain the biological causes of bacterial pneumonia and link them to respiratory structure/function. Know the main signs and symptoms.					KS5 (Year 12-13)
2.5.2 Bacterial pneumonia – diagnosis, treatment & prevention	Explain diagnosis/monitoring methods and treatments, including benefits/limitations. Explain risk factors, control and prevention.					KS5 (Year 12-13)
2.5.2 Bacterial pneumonia – impact & application	Analyse PIES impacts and apply diagnosis, treatment, control and prevention knowledge to individual scenarios.					KS5 (Year 12-13)