

Revision Schedule 2026

Year 11 Revision Schedule 2026

Subject/Course:	GCSE PE
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Paper 1 - TM

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
The structure and functions of the skeleton	Types of bones, functions (support, protection, movement), bone names and locations					GCSE PE
The muscular system	Muscle types, locations, roles in movement, antagonistic pairs, structure of synovial joint, types of joint Types of movement (flexion, extension, etc.), joint actions, muscle roles					GCSE PE
The cardiovascular system	Heart structure, blood vessels, cardiac cycle and pathway of blood, cardiac output, stroke volume and heart rate					GCSE PE

Revision Schedule 2026

The respiratory system	Structure and function, mechanics of breathing, gas exchange, interpretation of spirometer trace					GCSE PE
Aerobic and anaerobic exercise	Definitions, examples, energy systems, excess post-exercise oxygen consumption (EPOC), oxygen debt, recovery process from vigorous exercise					GCSE PE
Lever systems	First, second, third class levers; mechanical advantage, analysis of basic movements in sporting examples					GCSE PE
Planes and axes of movement	Sagittal, frontal, transverse planes; longitudinal, transverse, sagittal axes					GCSE PE
Components of fitness	Components of fitness, linking sports and physical activity to the required components of fitness, reasons for and limitations of fitness testing, measuring the components of fitness, demonstration of how data is collected for fitness testing					GCSE PE

Revision Schedule 2026

Paper 2 - CHR

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
Skill and ability	Definitions of skill and ability					GCSE PE
Classification of skills	Basic to complex, open to closed, self-paced to externally paced, gross to fine					GCSE PE
Goal setting	SMART goals (Specific, Measurable, Achievable, Realistic, Time-bound), performance and outcome goals					GCSE PE
Information processing	Basic information processing model – Input, decision making, output, feedback					GCSE PE
Guidance and feedback	Visual, verbal, manual, mechanical; intrinsic vs extrinsic feedback, positive vs negative feedback, knowledge of performance, knowledge of results					GCSE PE
Arousal	Inverted-U theory; optimal arousal; effects on performance, how arousal can be controlled using stress management techniques					GCSE PE
Stress management	Mental rehearsal, visualisation, deep breathing					GCSE PE

Revision Schedule 2026

Motivation	Intrinsic and extrinsic motivation; impact on performance					GCSE PE
Engagement patterns of different social groups	Social groups: Gender, age, race/religion/culture, disability, family/friends/peers Factors: Attitudes, role models, accessibility, media coverage, sexism/stereotyping, culture/religion/religious festivals, family commitments, available leisure time, familiarity, education, socio- economic status/disposable income, adaptability/inclusiveness					GCSE PE
Commercialisa tion of sport	Influence of media and sponsorship; types of sponsorship and the media , positive and negative impacts of sponsorship and the media, positive and negative impacts of technology					GCSE PE
Aggression	Distinction between direct and indirect aggression; examples in sport; impact on performance					GCSE PE

Revision Schedule 2026

Personality types	Characteristics of introvert and extrovert, including examples of sports which suit these particular personality type					GCSE PE
Ethical and socio-cultural issues in physical activity and sport	Conduct of performers, prohibited substances, prohibited methods (blood doping), drugs subject to certain restrictions (beta blockers), which types of performers may use different types of performance enhancing drugs (PEDs) with sporting examples, advantages and disadvantages of performers taking PEDs, advantages and disadvantages to the sport/event of performers taking PEDs					GCSE PE