



Revision Schedule 2026

Year 11 Revision Schedule 2026

Subject/Course:	GCSE PE
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Paper 1 - RSA

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					Mr Saunders - Paper 1 — Langley Park School for Girls
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					Mr Saunders - Paper 1 — Langley Park School for Girls
The cardiovascular system	Heart structure, blood vessels, cardiac cycle and pathway of blood, cardiac output, stroke volume and heart rate					Mr Saunders - Paper 1 — Langley Park School for Girls
The respiratory system	Structure and function, mechanics of breathing, gas exchange, interpretation of spirometer trace					Mr Saunders - Paper 1 — Langley Park School for Girls
Aerobic and anaerobic exercise	Definitions, examples, energy systems, excess post-exercise oxygen consumption (EPOC), oxygen debt, recovery process from vigorous exercise					Mr Saunders - Paper 1 — Langley Park School for Girls
Lever systems	First, second, third class levers; mechanical advantage, analysis of basic movements in sporting examples					Mr Saunders - Paper 1 — Langley Park School for Girls

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Planes and axes of movement	Sagittal, frontal, transverse planes; longitudinal, transverse, sagittal axes					Mr Saunders - Paper 1 — Langley Park School for Girls
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					Mr Saunders - Paper 1 — Langley Park School for Girls
Training methods	Continuous, fartlek, interval, circuit, weight, plyometric, HIIT, identification of the advantages and disadvantages (effects on the body) of training types linked to specific aims					Mr Saunders - Paper 1 — Langley Park School for Girls
Principles of training	Principles of training and overload, application of the principles of training					Mr Saunders - Paper 1 — Langley Park School for Girls
Short and long-term effects of exercise	Immediate effects of exercise, short-term effects of exercise, long-term effects of exercise					Mr Saunders - Paper 1 — Langley Park School for Girls
Health and fitness	Definitions of health and fitness, the relationship between health and fitness					Mr Saunders - Paper 1 — Langley Park School for Girls
Optimise training and prevent injury	Calculating intensities to optimise training effectiveness, considerations to prevent injury, specific training techniques (e.g. high altitude as a form of aerobic training), seasonal aspects					Mr Saunders - Paper 1 — Langley Park School for Girls
Effective use of warm-up and cool down	Warming up and cooling down					Mr Saunders - Paper 1 — Langley Park School for Girls

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Data	Quantitative, qualitative data, methods of collecting data, presenting data, analysis and evaluation of data					Mr Saunders - Paper 1 — Langley Park School for Girls

Paper 2 - GT

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
Skill and ability	Definitions of skill and ability					
Classification of skills	Basic to complex, open to closed, self-paced to externally paced, gross to fine					Miss Tyler - Paper 2 — Langley Park School for Girls
Goal setting	SMART goals (Specific, Measurable, Achievable, Realistic, Time-bound), performance and outcome goals					Miss Tyler - Paper 2 — Langley Park School for Girls
Information processing	Basic information processing model – Input, decision making, output, feedback					Miss Tyler - Paper 2 — Langley Park School for Girls
Guidance and feedback	Visual, verbal, manual, mechanical; intrinsic vs extrinsic feedback, positive vs negative feedback, knowledge of performance, knowledge of results					Miss Tyler - Paper 2 — Langley Park School for Girls
Arousal	Inverted-U theory; optimal arousal; effects on performance, how arousal can be controlled using stress management techniques					Miss Tyler - Paper 2 — Langley Park School for Girls
Stress management	Mental rehearsal, visualisation, deep breathing					Miss Tyler - Paper 2 — Langley Park School for Girls
Personality types	Introvert vs extrovert; suitability for different sports					Miss Tyler - Paper 2 — Langley Park School for Girls

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Motivation	Intrinsic and extrinsic motivation; impact on performance					Miss Tyler - Paper 2 — Langley Park School for Girls
Engagement patterns of different social groups	<p>Social groups: Gender, age, race/religion/culture, disability, family/friends/peers</p> <p>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</p>					Miss Tyler - Paper 2 — Langley Park School for Girls
Commercialisation 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					Miss Tyler - Paper 2 — Langley Park School for Girls
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					Miss Tyler - Paper 2 — Langley Park School for Girls

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	disadvantages to the sport/event of performers taking PEDs					
Spectator behaviour	Positive and negative effects; hooliganism and strategies to combat it					Miss Tyler - Paper 2 — Langley Park School for Girls
Aggression	Distinction between direct and indirect aggression; examples in sport; impact on performance					Miss Tyler - Paper 2 — Langley Park School for Girls
Personality types	Characteristics of introvert and extrovert, including examples of sports which suit these particular personality type					Miss Tyler - Paper 2 — Langley Park School for Girls
Physical, emotional, and social health, fitness and wellbeing	Reasons for participation in physical activity, physical health and wellbeing, mental health and wellbeing, social health and wellbeing, fitness					Miss Tyler - Paper 2 — Langley Park School for Girls
Sedentary lifestyle	Consequences of a sedentary lifestyle, obesity and how it may affect performance in physical activity and sport, somatotypes					Miss Tyler - Paper 2 — Langley Park School for Girls
Energy use, diet, nutrition and hydration	Energy use, nutrition – reasons for having balanced diet, role of carbohydrates, fat, protein and vitamins/minerals, reasons for maintaining water balance (hydration)					Miss Tyler - Paper 2 — Langley Park School for Girls