

Revision Olympics



GCSE PE

Revision Guide December 2024–May 2025

Exam Specification and General Support

Exam specification and exam board

GCSE PE AQA

Past paper questions

[Assessment Resources](#)

Useful revision websites

Seneca learning
GCSE POD
BBC Bitesize
Everlearner – payment required

** All classroom powerpoints are available to review on your teams page**

Exam info

Paper 1:

- The musculoskeletal system
- The cardio-respiratory system
- Physical training
- Movement analysis
- Use of data

19 May 2025 (PM) – 1hr 15mins

[78 marks]

Paper 2:

- Socio-cultural influences
- Sports psychology
- Health & fitness
- Use of data

9 June 2025 (PM) – 1hr 15mins

[78 marks]

Y11 PE

| Week | Activity 1 Paper 1 | Activity 2 Paper 2 |
|---------------------------|--|--|
| 1 2.12.24 | Review your understanding of the muscular system by reading the BBC Bitesize pages and complete the test | Review your understanding of the Health and wellbeing by reading the BBC Bitesize pages and complete the test |
| 2 9.12.24 | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Muscles of the upper body • Muscles of the lower body | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Physical, mental, social health and wellbeing • Fitness |
| 3 16.12.24 | Review your understanding of the Skeletal system by reading the BBC Bitesize pages and complete the test | Review your understanding of the sedentary lifestyles by reading the BBC Bitesize pages and complete the test |
| XMAS BREAK (week 1) | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Functions of the Skeleton | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • The impact of obesity • Somatotypes |
| XMAS BREAK (week 2) | Review your understanding of synovial joints by reading the Seneca pages and complete the test | Review your understanding of the Diet and Nutrition by reading the BBC Bitesize pages and complete the test |
| 4 6.01.25 | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Synovial joints – location and functions | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Reasons for a balanced diet • Components and proportions of carbohydrates, fat, proteins, vitamins and minerals |
| 5 13.01.25 | Review your understanding of the cardiovascular system by reading the BBC Bitesize pages and complete the test | Review your understanding of the Classification of skill by reading the BBC Bitesize pages and complete the test |



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|----------------|---|--|
| 6 20.01.25 | <p>Watch the following video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Structure of the heart • Cardiac Cycle <p>Video 1 Video 2</p> | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Open/closed skills • Basic/complex • Self-paced/externally paced • Gross/fine <p>Ensure you have a sporting example for each and know how to describe the category.</p> |
| 7 21.01.25 | <p>Review your understanding of the respiratory system by reading the BBC Bitesize pages and complete the test</p> | <p>Review your understanding of Guidance and Feedback by reading the BBC Bitesize pages and complete the test:</p> <p>Link 1 Link 2</p> |
| 8 3.02.25 | <p>Watch the following video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Mechanics of breathing • Lung volumes <p>Video 1 Video 2</p> | <p>Watch the video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Guidance and feedback |
| 9 10.02.25 | <p>Review your understanding of the Aerobic and Anaerobic exercise by reading the BBC Bitesize pages and complete the test</p> | <p>Review your understanding of Mental Preparation by reading the BBC Bitesize pages and complete the test</p> |
| HALF TERM | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Aerobic and Anaerobic energy | <p>Complete the Anatomy and Physiology Topic Test Mark Scheme</p> |
| 10 24.02.25 | <p>Review your understanding of the effects of exercise by reading the BBC Bitesize pages and complete the test</p> | <p>Complete the health and fitness Topic Test Mark Scheme</p> |
| 11 3.03.25 | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Immediate effects of exercise • Short term effects of exercise • Long term effects of exercise | <p>Review your understanding of Goal Setting by reading the BBC Bitesize pages and complete the test</p> |

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| 12 10.03.25 | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> Types of muscular contractions | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> Target setting |
| 13 17.03.25 | <p>Review your understanding of the Health and fitness by reading the BBC Bitesize pages and complete the test</p> | <p>Complete the Physical Training Topic Test Mark Scheme</p> |
| 14 24.03.25 | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> The relationship between health and fitness | <p>Review your understanding of Social Groupings by reading the BBC Bitesize pages and complete the test</p> |
| 15 31.03.25 | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> Blood Vessels | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> Engagement patterns |
| EASTER BREAK (week 1) | <p>Review your understanding of the Principles of training by reading the BBC Bitesize pages and complete the test</p> | <p>Complete the socio cultural influences topic test Mark Scheme</p> |
| EASTER BREAK (week 2) | <p>Watch the video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> Training intensity | <p>Review your understanding of Ethical factors in Sports by reading the BBC Bitesize pages and complete the test</p> |

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| 16 21.04.25 | <p><u>Watch the video clips</u> and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Muscle pairs | <p><u>Complete the Sports Psychology Topic Test</u> <u>Mark Scheme</u></p> |
| 17 28.04.25 | <p>Review your understanding of the methods and effects of training by <u>reading the BBC Bitesize pages and complete the test</u></p> | <p><u>Complete the Movement Analysis Topic Test</u> <u>Mark Scheme</u></p> |
| 18 5.05.25 | <p><u>Watch the video clips</u> and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Altitude Training | <p>Review your understanding of Commercialisation in Sport by <u>reading the BBC Bitesize pages and complete the test</u></p> |
| 19 12.05.25 | <p>Review your understanding of the Safety in sport by <u>reading the BBC Bitesize pages and complete the test</u></p> | <p><u>Watch the video clips</u> and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Positive impact of sponsorship and media • Negative impact of sponsorship and media |
| 20 19.05.25 | <p><u>Watch the video clips</u> and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> • Hydration | <p>Write an answer to 2 9 marker questions you have selected from <u>this document</u> and mark using the scheme provided.</p> <p><u>Use the template to help you</u></p> |
| HALF TERM | <p>Review your understanding of the Movement analysis by <u>reading the BBC Bitesize pages and complete the test</u></p> | <p>Review your understanding of Technology in Sport by <u>reading the BBC Bitesize pages and complete the test</u></p> |