

2023		January				Green = Paper 1 revision topic	Blue = Paper 2 revision topic
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
26	27	28	29	30	31	01	
02	03	04	05	06	07	08	
Week 1 - Diet, optimum weight and dietary manipulation (pages 90-94 of the revision guide)							
09	10	11	12	13	14	15	
Week 2 - Lever systems, planes & axes (pages 27-30 of the revision guide)							
16	17	18	19	20	21	22	
Week 3 - Health, fitness and wellbeing, and lifestyle choices (pages 82-89 of the revision guide)							
23	24	25	26	27	28	29	
Week 4 - Performance enhancing drugs and injury prevention (pages 65-79 of the revision guide)							
30	31	Notes:					

2023		February					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
30	31	01	02	03	04	05	
Week 5 - Participation of different groups in sport and physical activity (pages 105-107 of the revision guide) Note - this is a topic also being focussed on in classroom lessons							
06	07	08	09	10	11	12	
Week 6 - Commercialisation, sporting behaviour and deviance (pages 108-112 of the revision guide) Note - this is a topic also being focussed on in classroom lessons							
13	14	15	16	17	18	19	

Half Term

20	21	22	23	24	25	26
Week 7 - Fitness, Health, Exercise and Performance including the relationship between health and fitness (pages 31-32 of the revision guide)						
27	28	01	02	03	04	05

06	07	Notes:				
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2023		March				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	01	02	03	04	05
Week 8 - Goal setting, guidance, feedback and mental rehearsal (pages 99-104 of the revision guide)						
06	07	08	09	10	11	12
Week 9 - Skeletal system, including the effects of exercise on that system (pages 1-7 and page 60 of the revision guide)						
13	14	15	16	17	18	19
Week 10 - Muscular system, including the effects of exercise on that system (pages 8-14 and pages 25 & 61 of the revision guide)						
20	21	22	23	24	25	26
Week 11 - Respiratory system, including the effects of exercise on that system (pages 20-24 and page 64 of the revision guide)						
27	28	29	30	31	01	02
Week 12 - Cardiovascular system, including the effects of exercise on that system (pages 15-19 and pages 26, 62 & 63 of the revision guide)						
03	04	Notes:				

2023

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
03	04	05	06	07	08	09
Easter Holiday						
10	11	12	13	14	15	16
Easter Holiday						
17	18	19	20	21	22	23
Week 13 - Components of fitness and how to test them (pages 33-46 of revision guide)						
24	25	26	27	28	29	30
Week 14 - Classification of skills and types of practice (pages 95-98 of revision guide)						
01	02	Notes:				

2023

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
Week 15 - Principles and methods of training (pages 47-59 of revision guide)						
08	09	10	11	12	13	14
Bank Holiday	Week 16 - Final revision for Paper 1 (pages 1-79 of revision guide)					
15	16	17	18	19	20	21
		GCSE PE Paper 1 - Anatomy & Physiology, Movement Analysis & Physical Training				

22	23	24	25	26	27	28
Week 17 - Final revision for Paper 2 (pages 82-112 of revision guide)						
29	30	31	01	02	03	04
Half Term						

05	06	Notes:
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2023

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01	02	03	04

Half Term

05	06	07	08	09	10	11
Week 18 - Final revision for Paper 2 (pages 82-112 of revision guide)			GCSE PE Paper 2 - Health, Fitness & Wellbeing, Sports Psychology and Socio-Cultural influences			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02

03	04	Notes:
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