

# The Thomas Hardy PE Department – Revision Schedule 2024

## Exam Dates

Paper 1 – Wednesday 22nd May - PM

Paper 2 – Monday 3rd June - AM

Revision should focus on :

- Knowledge and understanding
- Frequent returns to those topics you are NOT confident with
- Past paper questions to match the topic to illustrate analysis and application skills
- Always consult the relevant mark scheme to check your work
- Use of red revision guide and topic on a page sheets

Tick off each subject as you revise:

**Paper one = Yellow**

**Paper two = Blue**

Week beginning...	Topic	Focus for your revision this week	Complete (tick)	Topic	Focus for your revision this week	Complete (tick)	Weeks left
Monday 8 <sup>th</sup> January	Paper 1 Skeletal system	Location of major bones in the body		Paper 2 Sport psychology	Types of guidance		19
Monday 15 <sup>th</sup> Jan	Paper 2 Socio-cultural	Current trends in participation. National Governing Bodies Social groups		Paper 1 CV system	Pathway of blood through the heart		18
Monday 22 <sup>nd</sup> Jan	Paper 1 Muscular system	Location of major muscles in the body		Paper 1 CV system	Different types of blood vessels: Arteries, Veins and Capillaries		17
Monday 29 <sup>th</sup> Jan	Paper 1 Respiratory system	Pathway of air through the respiratory system		Paper 2 Sport psychology	Types of feedback		16
Monday 5 <sup>th</sup> February	Paper 1 Movement analysis	Components of a lever Examples of 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> class levers Mechanical advantage		Paper 1 Skeletal system	Functions of the skeleton		15
Monday 12 <sup>th</sup> Feb	Paper 1 Muscular system	Antagonistic muscle pairs Examples from sporting movements		Paper 2 Socio-cultural	Factors affecting participation Promotion, provision and access		14
Monday 19 <sup>th</sup> Feb	Paper 1 Physical training	Components of fitness Definitions and tests		Paper 1 Movement analysis	Planes and axes. Examples from sporting actions		13
Monday 26 <sup>th</sup> Feb	Paper 2 Commercialisation	Types of media Golden triangle Sponsorship – positives and negatives		Paper 1 CV system	Pulmonary and system circuits Definitions of: Heart rate Stroke volume Cardiac output		12
Monday 4 <sup>th</sup> March	Paper 1 Respiratory system	Breathing in and out Definitions of: Breathing rate Tidal volume Minute ventilation		Paper 1 Respiratory system	Gaseous exchange		11
Monday 11 <sup>th</sup> March	Paper 2 Ethics in sport	Sportsmanship, gamesmanship, deviance and violence		Paper 2 Sport psychology	Characteristics of skilful movement		10
Monday 18 <sup>th</sup> March	Paper 1 Physical training	Principles of training SPOR and FITT		Paper 2 Sport psychology	Goal setting SMART targets		9

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<b>Monday 25th March</b>	Paper 1 Skeletal system	Types of synovial joint Components of a synovial joint and their function		Paper 1 Skeletal system	Types of movement at hinge and ball and socket joints		<b>8</b>
<b>Monday 1st April</b>	Paper 2 Sport psychology	Mental preparation		Paper 2 Health and fitness	Definitions of health, fitness and well-being		<b>7</b>
<b>Monday 8th April</b>	Paper 1 Physical training	Methods of training and how each links to improving certain components of fitness		Paper 1 Physical training	Components of warm-up and cool-down Benefits of warm-up and cool-down		<b>6</b>
<b>Monday 15th April</b>	Paper 2 Health and fitness	Consequences of a sedentary lifestyle – physical, emotional and social		Paper 1 Effects of exercise	Short term and long term effects of exercise on the skeletal, muscular, cardiovascular and respiratory systems		<b>5</b>
<b>Monday 22nd April</b>	Paper 2 Health and fitness	Components of a balanced diet Obesity Effects of diet and hydration		Paper 1 Preventing injury	Risk of injury and how it can be minimised Identifying hazards in a range of activities and facilities		<b>4</b>
<b>Monday 6th May</b>	Paper 1 CV system	Aerobic and anaerobic exercise Examples of each		Paper 1 and 2	Synoptic 6 mark questions		<b>3</b>
<b>Monday 13th May</b>	Paper 1 and 2	Synoptic 6 mark questions		Paper 1	Practice exam questions		<b>2</b>
<b>Monday 20th May</b>	Paper 1	Practice exam questions					<b>1</b>
<b>Wednesday 22nd May</b>	<b>PAPER ONE EXAM (1 HOUR – PM)</b>						
<b>Monday 27th</b>	Paper 2	Practice exam questions		Paper 2	Practice exam questions		
<b>Monday 3rd June</b>	<b>PAPER TWO EXAM (1 HOUR – PM)</b>						