

**2024 AQA GCSE Physical Education Revision Timetable**  
**Using retrieval, interleaving and spaced practice**  
 CGP Revision Guide – Complete Revision and Practice

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29/1	<b>Health, fitness and well-being – (Paper 2)</b> First Go Revision guide p. 89 – 98					SENECA Assignment 1	
5/2	<b>Applied Anatomy &amp; Physiology – (Paper 1)</b> Bones, Muscles & Joints Revision guide p. 4 – 11 First Go						
12/2	<b>Movement analysis – (Paper 1)</b> Lever Systems, Planes and Axes Revision guide p. 27-31 First Go					SENECA Assignment 2	
19/2	<b>Applied anatomy and physiology – (Paper 1)</b> CV, Respiratory, Aerobic/Anaerobic, Effects of exercise Revision guide p. 12 - 24 First Go						
26/2	<b>Sports psychology – (Paper 2)</b> Learning Skills, Goal Setting Revision guide p. 59-62 First Go					SENECA Assignment 3	
4/3	<b>Physical training – (Paper 1)</b> Fitness Testing, Principles of training, Training Target Zones Revision guide p. 33 - 48 First Go						
11/3	<b>Sports psychology – (Paper 2)</b> Guidance, Feedback, Mental preparation, Emotion and Personality Revision guide p. 63-70 First Go					SENECA Assignment 4	
18/3	<b>Socio-cultural influences – (Paper 2)</b> Influences on participation, commercialisation, technology Revision guide p. 71 - 81 First Go						
25/3	<b>Health, fitness and well-being – (Paper 2)</b> Revision Guide Questions p.99 Second Go					SENECA Retrieval 1 & 2	
1 /4	<b>Sports psychology – (Paper 2)</b> Guidance, Feedback, Mental preparation, Emotion and Personality Revision Guide p. 70 Second Go						
8/4	<b>Sports psychology – (Paper 2)</b> Learning Skills, Goal Setting Revision Guide Questions p 70 Second Go					SENECA Retrieval 3 & 4	
15/4	<b>Socio-cultural influences – (Paper 2)</b> Revision guide p. 82-88 Second Go						

22/4	Applied Anatomy & Physiology – (Paper 1) Bones, Muscles & Joints Revision Guide Questions p.26 Second Go	SENECA Retrieval 5 & 6
29/4	Movement analysis – (Paper 1) Revision Guide Questions p. 32 Second Go	
6/5	Applied anatomy and physiology – (Paper 1) CV, Respiratory, Aerobic/Anaerobic, Effects of exercise, Warm Ups Revision Guide Questions p.26 Second Go	SENECA Retrieval 7 & 8
13/5	Physical training – (Paper 1) Training Methods, Preventing injuries Revision guide p. 49 - 58 Second Go	
20/5	22 <sup>nd</sup> May 2024 PM Paper 1: The human body and movement in physical activity and sport 1hr15mins	SENECA Paper 2 Revision
3/6	3 <sup>rd</sup> June 2024 PM Paper 2: Socio-cultural influences and well-being in physical activity and sport 1hr15mins	

**Non Exam Assessment (Practical Grades & Coursework) marks and moderation in March**

**Revision Guide from CGP: GCSE Physical Education AQA Complete Revision & Practice (with Online Edition). All students have been provided with one in Year 10.**