

GCSE PE

Y11 Revision Guide

January – May 2026

Exam Specification and Exam Board	AQA 8582
Past Paper Questions	https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources
Useful Revision Websites	Seneca learning GCSE POD BBC Bitesize Everlearner – payment required
Exam Info	<p>Paper 1: (1hr 15mins: 78 marks) The musculoskeletal system The cardio-respiratory system Physical training Movement analysis Use of data</p> <p>Paper 2: (1hr 15mins: 78 marks) 1hr 15mins 78 marks Socio-cultural influences Sports psychology Health & fitness Use of data</p>

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Week	Activity 1	Activity 2
1 05.01.25	<p>Review your understanding of the <u>muscular system</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1</p>	<p>Review your understanding of the <u>Health and wellbeing</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/zxj87hv/revision/1</p>
2 12.01.25	<p>Watch the following 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>https://www.youtube.com/watch?v=LSVKlj9xulY</p>	<p>Watch the following 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 <p>https://www.youtube.com/watch?v=mCHFq1kMsjk</p>
3 19.01.25	<p>Review your understanding of the <u>Skeletal system</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1</p>	<p>Review your understanding of the <u>sedentary lifestyles</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/z8cb9qt/revision/1</p>
4 26.01.25	<p>Watch the following video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - Functions of the Skeleton <p>https://www.youtube.com/watch?v=j1QsLy8myZl</p>	<p>Watch the following video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - The impact of obesity - Somatotypes <p>https://www.youtube.com/watch?v=btlthLwJOzk</p>
5 02.02.25	<p>Review your understanding of <u>synovial joints</u> by reading the seneca pages and complete the test:</p> <p>https://senecalearning.com/en-GB/revision-notes/gcse/physical-education/aqa/1-1-4-joints</p>	<p>Review your understanding of the <u>Diet and Nutrition</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/1</p>

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<p>6 09.02.25</p>	<p>Watch the following video clip and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - Synovial joints – location and functions <p>https://www.youtube.com/watch?v=DlwxlipAwJk</p>	<p>Watch the following 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 <p>https://www.youtube.com/watch?v=2x4fBiVymbc</p>
<p>February Half Term</p>	<p>Review your understanding of the <u>cardiovascular system</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/z8fhycw/revision/1</p> <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>https://www.youtube.com/watch?v=WKlahDHo0k8 https://www.youtube.com/watch?v=7xxRQJsuc5s</p>	<p>Review your understanding of the <u>Classification of skill</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/zsj87hv/revision/1</p> <p>Watch the following video clips 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> <p>https://www.youtube.com/watch?v=uH0Mvx2Tdok</p>
<p>7 23.02.25</p>	<p>Review your understanding of the <u>respiratory system</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/zpd4wxs/revision/1</p>	<p>Review your understanding of <u>Guidance and Feedback</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/zs7wmnb/revision/1 https://www.bbc.co.uk/bitesize/guides/z9yn39q/revision/1</p>

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<p>8 02.03.25</p>	<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>https://www.youtube.com/watch?v=BACMHCEjqhw https://www.youtube.com/watch?v=r_x9xul4WtM</p>	<p>Watch the following video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - Guidance and feedback <p>https://www.youtube.com/watch?v=84Kyb5F2-AY</p>
<p>9 09.03.25</p>	<p>Review your understanding of the Aerobic and Anaerobic exercise by reading the BBC Bitesize pages and complete the test: https://www.bbc.co.uk/bitesize/guides/z2c34j6/revision/1</p>	<p>Review your understanding of Mental Preparation by reading the BBC Bitesize pages and complete the test: https://www.bbc.co.uk/bitesize/guides/zyx7tyc/revision/1</p>
<p>10 16.03.25</p>	<p>Watch the following video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - Aerobic and Anaerobic energy <p>https://www.youtube.com/watch?v=Jc73f_jxjWo</p>	<p>Complete the Anatomy and Physiology Topic Test: https://sheldonschool.sharepoint.com/w:/r/sites/SheldonCPD/_layouts/15/Doc.aspx?sourcedoc=%7B5AF0B3B8-CB33-4CE2-B242-1F16C48FC877%7D&file=Applied%20Anatomy%20and%20Physiology.docx&action=default&mobileredirect=true</p> <p>Mark Scheme: https://sheldonschool.sharepoint.com/w:/r/sites/SheldonCPD/_layouts/15/Doc.aspx?sourcedoc=%7B67B09BFD-AA91-43E6-9E77-222E7B03FA44%7D&file=Applied%20Anatomy%20and%20Physiology%20-%20Mark%20Scheme.docx&action=default&mobileredirect=true</p>
<p>11 23.03.25</p>	<p>Review your understanding of the effects of exercise by reading the BBC Bitesize pages and complete the test: https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1</p>	<p>Complete the health and fitness Topic Test: https://sheldonschool.sharepoint.com/w:/r/sites/SheldonCPD/_layouts/15/Doc.aspx?sourcedoc=%7B77683E1C-E75F-4CDB-9D4C-A20F6844DEF6%7D&file=Health%20%20Fitness%20and%20Well</p>

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<p>Easter Break</p>	<p> Watch the following video clips and make notes (key words) on the following sections: <ul style="list-style-type: none"> - Immediate effects of exercise - Short term effects of exercise - Long term effects of exercise https://www.youtube.com/watch?v=bsa5JTjkjhw&list=PL2VOuuWnbIB1XocnW7JO7Xbl2cErOFu0K </p> <p> Watch the following video clips and make notes (key words) on the following sections: <ul style="list-style-type: none"> - Types of muscular contractions https://www.youtube.com/watch?v=x1rBfg1vrAc </p> <p> Review your understanding of the <u>Health and fitness</u> by reading the BBC Bitesize pages and complete the test: https://www.bbc.co.uk/bitesize/guides/zckcdmn/revision/1 </p>	<p> Review your understanding of <u>Goal Setting</u> by reading the BBC Bitesize pages and complete the test: https://www.bbc.co.uk/bitesize/guides/zwr34j6/revision/1 </p> <p> Watch the following video clips and make notes (key words) on the following sections: <ul style="list-style-type: none"> - Target setting https://www.youtube.com/watch?v=SGuuHGNfCLK </p> <p> Complete the Physical Training Topic Test: https://sheldonschool.sharepoint.com/w:/r/sites/SheldonCPD/_layouts/15/Doc.aspx?sourcedoc=%7BE268DE53-8FB4-46C4-9408-57E064E80D39%7D&file=Physical%20Training.docx&action=default&mobileredirect=true </p> <p> Mark Scheme: https://sheldonschool.sharepoint.com/w:/r/sites/SheldonCPD/_layouts/15/Doc.aspx?sourcedoc=%7B098199CA-D669-4D2D-B5F2-D6C2CF4CDD8E%7D&file=Physical%20Training%20- </p>

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12 13.04.25	<p>Watch the following 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>https://www.youtube.com/watch?v=GiezIBTfl68</p> <p>Watch the following video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - Blood Vessels <p>https://www.youtube.com/watch?v=HZ-yJyti7bk</p>	<p>Review your understanding of Social Groupings by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/zsmq6fr/revision/1</p> <p>Watch the following video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - Engagement patterns <p>https://www.youtube.com/watch?v=5D19l6OeMoc</p>
13 20.04.25	<p>Review your understanding of the <u>Principles of training</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/ztntfrd/revision/1</p>	<p>Complete the socio cultural influences topic test:</p> <p>https://sheldonschool.sharepoint.com/w:/r/sites/SheldonCPD/_layouts/15/Doc.aspx?sourcedoc=%7B4B141BE8-A73B-4EAF-B644-EAA35EF285A1%7D&file=Socio-cultural%20Influences.docx&action=default&mobileredirect=true</p> <p>Mark Scheme:</p> <p>https://sheldonschool.sharepoint.com/w:/r/sites/SheldonCPD/_layouts/15/Doc.aspx?sourcedoc=%7B335AA1EF-95D4-4A16-8D5D-C52696D2C906%7D&file=Socio-cultural%20Influences%20-%20Mark%20Scheme.docx&action=default&mobileredirect=true</p>
14 27.04.25	<p>Watch the following video clips and make notes (key words) on the following sections:</p> <ul style="list-style-type: none"> - Training intensity <p>https://www.youtube.com/watch?v=NpuXPgj7CGY</p>	<p>Review your understanding of <u>Ethical factors in Sports</u> by reading the BBC Bitesize pages and complete the test:</p> <p>https://www.bbc.co.uk/bitesize/guides/zwcb9qt/revision/1</p>

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	<p>https://www.sharepoint.com/sites/SheldonCPD/Shared/20Documents?id=/sites/SheldonCPD/Shared/20Documents/2024%2D25%20Documents/20GCSE%20PE/20Resources/2024%2D25%20Year%2011%20Revision/20Olympics/2024%2D25%20Documents/20GCSE%20PE/20Resources</p> <p>Template: https://sheldonschool-my.sharepoint.com/shared?listurl=https://www.sharepoint.com/sites/SheldonCPD/Shared/20Documents?id=/sites/SheldonCPD/Shared/20Documents/2024%2D25%20Year%2011%20Revision/20Olympics/2024%2D25%20Documents/20GCSE%20PE/20Resources/2024%2D25%20Year%2011%20Revision/20Olympics/2024%2D25%20Documents/20GCSE%20PE/20Resources</p>	<p>BBC Bitesize pages and complete the test: https://www.bbc.co.uk/bitesize/guides/zgfpv4j/revision/1</p>
<p>May Half Term</p>		

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