

GCSE Sports Studies Final Revision Timetable 2026 - A Little A Day, Every Day!

[Copy of GCSE Physical Education Exam Rubric Document.docx](#)



March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 Define the term 'Health' and the term 'Fitness' Topic Area: Physical Training and Health, Fitness and Wellbeing.	17 Name the 4 antagonistic muscle pairs. Topic Area: Anatomy + Physiology Muscular System.	18 What are the 3 functions of the Cardiovascular System? Topic Area: Anatomy + Physiology Cardiovascular System	19 Name all of the health related components of fitness and their definitions. Topic Area: Physical Training	20 Name all of the skill related components of fitness and their definitions. Topic Area: Physical Training.	21 Name of all of the fitness tests and the protocols for carrying them out. Topic Area: Physical Training.	22 What are the principles of training? Use the acronym FIRSTOP to help you name them. Topic Area: Physical Training.
23 Name all of the methods of training. Topic Area: Physical Training.	24 Which methods of training would a marathon runner use and why? Topic Area: Physical Training.	25 Which methods of training would a games player use and why? Topic Area: Physical Training.	26 Can you name all 5 fitness classes? Topic Area: Physical Training	27 Outline the ways to prevent injury Topic Area: Physical Training	28 Easter Holiday What does RICE stand for? How can it help a performer? Topic Area: Physical Training	29 Easter Holiday Name all of the performance enhancing drugs that an athlete could take Topic Area: Physical Training

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Easter Holiday	31 Easter Holiday Identify two social benefits of regular participation in physical activity (2 marks) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	1 Easter Holiday Identify two emotional benefits of regular participation in physical activity (2) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	2 Easter Holiday Describe the protocol for the Illinois Agility Test. (3) Topic Area: Fitness testing pg. 50 exam rubric. Brain dump.	3 Easter Holiday Which principle of training is being applied here? 'The period of time allocated to recovery'. (1) Topic Area: Principles of Training pg. 51 exam rubric. Brain Dump	4 Easter Holiday Name the muscle that extends the arm at the elbow.(1) Topic Area: Antagonistic Pairs pg. 44 of exam rubric. Brain Dump	5 Easter Holiday Which method of training would be most beneficial to a games player and why? (2) Topic Area: Methods of Training. Brain Dump / flash cards
6 Easter Holiday Identify two physical benefits of regular participation in physical activity (2) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	7 Give three advantages of circuit training. (3) Topic Area: Fitness testing pg. 50 exam rubric. Brain dump.	8 What is cardiac output? (1) Topic Area: Cardiovascular System. Print off a diagram of the heart and label it.	9 Identify a component of fitness relevant to a 100m sprinter. (1) Topic Area: Components of Fitness pg. 50 exam rubric. Brain Dump	10 Give an example of an activity within a sport that would benefit from the results of the Illinois Agility test (1) Topic Area: Fitness testing pg. 50 exam rubric. Brain dump.	11 What is tidal volume? (1) Topic Area: The respiratory System pg. 45 exam rubric. Label the respiratory system diagram.	12 Which principle of training is being applied here? 'Training beyond your body's ability to recover'. (1) Topic Area: Principles of Training pg. 51 exam rubric. Brain Dump
13	14	15	16	17	18	19

Describe the protocol for the 12 Minute Cooper Run Test. (3) Topic Area: Fitness testing pg. 50 exam rubric. Brain dump.	Give two disadvantages of continuous training. (1) Topic Area: Components of Fitness pg. 50 exam rubric. Brain Dump	Name the muscle that causes plantar-flexion at the ankle (1) Topic Area: Antagonistic Pairs pg. 44 of exam rubric. Brain Dump	What type of bone is shown here? (1)  Topic Area: The Skeleton. Label the skeleton diagram and name the 4 types of bone.	Give two long-term benefits of training on the respiratory system. (1) Topic Area: Long term effects of exercise. Create flash cards.	Identify a component of fitness relevant to a netballer (1) Topic Area: Components of Fitness pg. 50 exam rubric. Brain Dump	Give two disadvantages of circuit training. (2) Topic Area: Fitness testing pg. 50 exam rubric. Brain dump.
20 Name two health related fitness components. (2) Topic Area: Components of Fitness pg. 50 exam rubric. Brain Dump	21 Identify two emotional benefits of regular participation in physical activity (2) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	22 Which method of training would be most beneficial to a 1500m rower and why? (2) Topic Area: Methods of Training. Brain Dump / flash cards	23 Give two advantages of fartlek training. (1) Topic Area: Methods of Training. Brain Dump / flash cards	24 Give an example of an activity from a sport that would benefit from the results of the 12 Minute Cooper Run test (1) Topic Area: Fitness testing pg. 50 exam rubric. Brain dump.	25 What does S stand for when setting a SMART target? (1) Topic Area: Physical Training. Create a flash card.	26 In what plane and axis does a cartwheel take place? (1) Topic Area: Movement Analysis. Create a brain dump.
27 State the type of blood vessels that carry blood away from the heart. (1) Topic Area: Cardiovascular System. Print off a	28 Explain the function of the pulmonary artery (1) Topic Area: Cardiovascular System. Create a brain dump.	29 State the type of exercise that the equation 'glucose → energy + lactic acid' summarises. (1)	30 What term am I describing? (1) 'It is caused by anaerobic exercise and is paid back after exercise'. Topic Area: Energy Systems			

diagram of the heart and label it.		Topic Area: Energy Systems. Create a flash card.				
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May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Explain, using an example from sport, how the skeleton provides protection. (1). Topic Area: The Skeleton. Label the skeleton diagram and name the 4 types of bone.	2 Name a PED that an athlete is most likely to use to hide an injury. (1) Topic Area: Performance Enhancing Drugs. Create a mind map	3 What lever system is working at the ankle during the vertical jump test? (1) Topic Area: Lever Systems. Create a flash card for each lever system.
4 (B) Bank Holiday Identify one component of fitness suitable for both a 100m sprinter and a 100m hurdler (1) Topic Area: Components of Fitness	5 Name the muscles that cause movements at the ankle. (2) Topic Area: Antagonistic Pairs pg. 44 of exam rubric. Brain Dump	6 Why does tidal volume increase when a performer takes part in activity? (3) Topic Area: The respiratory System	7 As the breathing rate increases does the alveoli have a high concentration of oxygen or a low concentration? Topic Area: The respiratory System	8 State the term used to describe the narrowing of small arteries to re-distribute blood? Topic Area: Cardiovascular	9 Explain one physical health benefit gained through improving fitness. (2) Topic Area: Health, fitness and wellbeing	10 Cyclist Lance Armstrong admitted to taking PEDs during his career. Explain why this is a disadvantage for his sponsors (2) Topic Area: Performance

pg. 50 exam rubric. Brain Dump		pg. 45 exam rubric. Label the respiratory system diagram.	pg. 45 exam rubric. Label the respiratory system diagram.	System. Create a brain dump.	pg. 54 exam rubric. Brain Dump	Enhancing Drugs. Create flash cards.
11 State the type of blood vessels that carry blood away from the heart. (1) Topic Area: Cardiovascular System. Create a brain dump.	12 Describe one immediate effect of exercise. (1) Topic Area: Short term effects of exercise. Create flash cards.	13 State the term used to describe the narrowing of small arteries to re-distribute blood? Topic Area: Cardiovascular System. Create a mind map.	14 Describe another immediate effect of exercise. (1) Topic Area: Short term effects of exercise. Create flash cards.	15 Sketch and label a second class lever system. (1) Topic Area: Lever Systems. Create a flash card for each lever system.	16 State the term used to describe the way muscles work in pairs to cause movement. (1) Topic Area: Antagonistic Pairs pg. 44 of exam rubric. Brain Dump	17 Other than frequency, what are the other components of the FITT principle? (3) Topic Area: Principles of Training pg. 51 exam rubric. Brain Dump
18 What do the terms Reversibility, overtraining and progressive overload mean? Topic Area: Principles of Training pg. 51 exam rubric. Brain Dump	19 Identify two social benefits of regular participation in physical activity (2 marks) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	20 Identify two emotional benefits of regular participation in physical activity (2) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	21 Identify two physical benefits of regular participation in physical activity (2) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	22 Paper 1 - Fitness and Body Systems Exam 1 hr 30. AM	23 Explain what is meant by energy balance. (2) Topic Area: Health, fitness and wellbeing pg. 54 exam rubric. Brain Dump	24 Name the three macronutrients needed for a balanced diet. (3) Topic Area: Diet and Nutrition. Exam rubric. Create a flash card.
25 Name the three micronutrients needed for a balanced diet. (3) Topic Area: Diet and Nutrition. Exam	26 Name the 5 factors that affect participation (5) Topic Area: Social Groupings and	27 Define the term Gamesmanship (1) Ethical factors in sport. Create a flash card.	28 Define the term Sportsmanship (1) Ethical factors in sport. Create a flash card.	29 Define the term Deviance (1) Ethical factors in sport. Create a flash card.	30 Describe what is meant by the Golden Triangle (3) Topic Area: Commercialisation in Sport. Create a mind map.	31 Outline the different types of media (5) Topic Area: Commercialisation in Sport. Create a flash card

rubric. Create a flash card.	participation. Create a mind map.					
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June 2025

1 Paper 2 - Health and Performance 1 hr 15 mins. AM	2	3	4	6	7	8
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