

GCSE PE Year 11 Revision Plan 2025 - 2026

Week Commencing	Curriculum Time	Homework/revision topic	Supporting resources	Further Support
24 th November 2025	Topic 8 Lesson 1 - Engagement patterns of different social groups in physical activity and sport Lesson 2 - Engagement patterns of different social groups in physical activity and sport	<p>That engagement patterns in physical activity and sport can differ between different social groups.</p> <p>Understand the factors that contribute to patterns in the following groups:</p> <ul style="list-style-type: none"> • Gender • Race/religion/culture • Age/family/friends/peers • Disability <p>To justify links between the following factors and their relevance to engagement patterns of the groups:</p> <ul style="list-style-type: none"> • Attitudes • Role models • Accessibility • Media coverage • Sexism/Stereotyping • Culture/religion/religious festivals • Family commitments • Leisure time availability • Familiarity • Education • Disposable income/socio-economic • Adaptability/inclusiveness 	<p>Revision Book: Page 82- 84</p> <p>Bitesize: https://www.bbc.co.uk/bitesize/guides/zsmq6fr/revision/1 https://www.bbc.co.uk/bitesize/guides/zwcb9qt/revision/1 </p>	Coursework – Friday after school B7 Climbing Tuesday afterschool.
1 st December 2025	Lesson 3 - Engagement patterns of different social groups in physical activity and sport Lesson 4 - Commercialisation	<p>To justify links between the following factors and their relevance to engagement patterns of the groups:</p> <p>Definition of commercialisation and the relationship between sport.</p> <p>Definitions of types of sponsorship and the media.</p>	<p>Revision Book: Page 82- 85 Planet PE</p> <p><u>Commercialisation of sport</u></p> <p>Bitesize: https://www.bbc.co.uk/bitesize/guides/zsmq6fr/revision/1 https://www.bbc.co.uk/bitesize/guides/zwcb9qt/revision/1 https://www.bbc.co.uk/bitesize/guides/zp2jxsg/revision/1 </p>	Coursework – Friday after school B7 Climbing Tuesday afterschool.

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	<p>Lesson 5 – Types of Sponsorship and the Media</p>	<p>Types of sponsorship:</p> <ul style="list-style-type: none"> • Financial • Clothing and equipment • Facilities <p>Types of media:</p> <ul style="list-style-type: none"> • TV • Radio • Press • Internet • Books 		
8 th December 2025	<p>Topic 8 Lesson 6 - Impacts of Sponsorship and the Media</p> <p>Lesson 7 - Impact of Technology</p>	<p>The positive and negative impacts of sponsorship and the media on the following and justify why the impact is positive or negative:</p> <ul style="list-style-type: none"> • Performer • Sport • Official • Audience/spectators • Sponsor/company <p>The positive and the negative impacts of technology on the following justify why the impact is positive and/or negative:</p> <ul style="list-style-type: none"> • Performer • Sport • Official • Audience/spectator • Sponsor/company 	<p>Revision Book: Page 86-90 Planet PE Commercialisation of sport</p> <p>Bitesize: https://www.bbc.co.uk/bitesize/guides/zp2jxsg/revision/1 https://www.bbc.co.uk/bitesize/guides/zgfpv4j/revision/1</p>	<p>Coursework – Friday after school B7 Climbing Tuesday afterschool.</p>
15 th December 2025	<p>Topic 8 Lesson 8 - Impact of Technology</p>	<p>Use examples of technology used in sport (eg Hawkeye, Television Match Official). Pupils should also learn how technology generally has changed sport e.g footwear, clothing, facilities, training technology</p>	<p>Revision Book: Page 86-90</p> <p>Planet PE Players conduct</p> <p>Bitesize: https://www.bbc.co.uk/bitesize/guides/zp2jxsg/revision/1</p>	<p>Coursework – Friday after school B7 Climbing Tuesday afterschool.</p>

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	Lesson 9 - Player Conduct	Definitions of and example of the following: <ul style="list-style-type: none"> • etiquette • sportsmanship • gamesmanship contract to compete	https://www.bbc.co.uk/bitesize/guides/zgfpv4j/revision/1	
22 nd December 2025		Christmas Revision		
29 th December 2025				
5 th January 2026	Topic 8 Lesson 10 - Prohibited Substances	Categories of prohibited substances, including the basic positive effects and negative side effects: <ul style="list-style-type: none"> • stimulants • narcotic analgesics • anabolic agents • peptide hormones (EPO) • diuretics. 	Revision Book: Page 91 - 98 Planet PE Drugs in sport	- Friday after school B7
12 th January 2026	Topic 8 Lesson 11 - Prohibited Substances and methods and drugs with restrictions	How blood doping occurs and the effects/side effects of doing it thickening of blood (viscosity) <ul style="list-style-type: none"> • potential infection • potential for heart attack • embolism (blockage of vessel). Be able to evaluate which types of sporting performers this could benefit.	Revision Book: Page 91 - 98 Planet PE Drugs in sport	- Friday after school B7

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	<p>Lesson 12 – Which types of performers would use different PEDs and what are the advantages and disadvantages</p> <p>Lesson 13 - Spectator Behaviour</p>	<p>Understand the difference between PEDs and drugs with restrictions and what Beta blockers are taken for:</p> <ul style="list-style-type: none"> • reduce heart rate, muscle tension and blood pressure • reduce the effects of adrenaline • improve fine control/preciseness. <p>Side effects can lead to:</p> <ul style="list-style-type: none"> • nausea • weakness • heart problems. <p>Beta blockers should be prescribed by a medical professional.</p> <p>The positive and negative influence of spectators at matches/ events:</p> <p>Positive:</p> <ul style="list-style-type: none"> • creation of atmosphere • home-field advantage (for home team/ individuals). <p>Negative</p> <ul style="list-style-type: none"> • increased pressure • potential for crowd trouble/hooliganism • safety costs/concerns <p>participation numbers amongst younger performers</p>		
19 th January 2026	<p>Topic 8 Lesson 14 - Reasons for hooliganism</p>	<p>Reasons for hooliganism:</p> <ul style="list-style-type: none"> • rivalries • hype • fuelled by alcohol/drugs • gang culture 	<p>Revision Book: Page 99 – 100</p> <p>Planet PE</p>	<p>– Friday after school B7</p>

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	Lesson 15 - Strategies to combat hooliganism	<ul style="list-style-type: none"> • frustration (eg at official's decisions) • display of masculinity <p>The historical context of hooliganism in the UK and the strategies which have been used to combat hooliganism:</p> <ul style="list-style-type: none"> • early kick-offs • all-seater stadia • segregation of fans • improved security • alcohol restrictions • travel restrictions/banning orders • education/promotional activity/campaigns and high profile endorsements. <p>Evaluate the effectiveness of these strategies.</p>	Spectators behaviour 6 mark pt 1 Spectators behaviour 6 mark pt2	
26 th January 2026	Topic 8 L 16 - Revision Topic 8 - L 17 - EoU Test - L 18 - Recap EoU test			- Friday after school B7
2 nd February 2026	Topic 9 Lesson 1 - Health and Well-Being – Benefits of Exercise Lesson 2 - Benefits of	<p>The reasons for participation in physical activity, exercise and sport.</p> <p>How to define physical, mental and social health and how exercise affects these.</p> <p>How different forms of exercise suit different people</p> <p>Pupils need to describe how different groups of people might access different forms of exercise, sport and physical activity.</p>	Revision Book: Page 100– 106	- Friday after school B7

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	Exercise on different groups	Learn how to work out BMI and what various BMI scores mean		
9 th February 2026	Topic 9 Lesson 3 - Effects of sedentary lifestyle Lesson 4 – Effects of obesity on well-being and performance Lesson 5 - Somatotypes	Definition and consequences of sedentary lifestyle Definition and effects of sedentary lifestyle Understand the energy balance Definitions of 3 somatotypes and the sports which they are most suited for. Justify why some sports would be most suited for certain sports and others may require more than 1 type of somatotypes	Revision Book: Page 100– 106 GCSE Bitesize https://www.bbc.co.uk/bitesize/guides/z8cb9qt/revision/1 https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/1	– Friday after school B7
16 th February 2026		Half Term Revision		
23 rd February 2026	Topic 9 Lesson 6 - Energy use and nutrition Lesson 7 - Nutrition and water balance	How energy is balanced and the number of calories required can differ depending on age, height, gender and exercise. Begin to understand what a balanced diet may look like Hydration Nutritional components	Revision Book: Page 107 – 110 Planet PE Diet questions GCSE Bitesize https://www.bbc.co.uk/bitesize/guides/z8cb9qt/revision/1 https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/1	– Friday after school B7
2 nd March 2026	Topic 9 Lesson 8 - Revision Lesson 9 – EoU Test	Recap topic 9 / exam technique	Revision Book: Page 110 – 120	– Friday after school B7

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	Lesson 10 - Recap Topic 9			
9 th March 2026	Revision Lesson 1 – Musculo/skeletal Lesson 2 – Cardio respiratory		Revision Book: Page 1 – 22 GCSE Bitesize https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1 https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1 https://www.bbc.co.uk/bitesize/guides/z8fhycw/revision/1 https://www.bbc.co.uk/bitesize/guides/zpd4wx/revision/1	– Friday after school B7
16 th March 2026	Revision Lesson 3 – Anaerobic / Aerobic Lesson 4 – Long/short term effects of exercise Lesson 5 – Movement Analysis		Revision Book: Page 22 – 31 GCSE Bitesize https://www.bbc.co.uk/bitesize/guides/z2c34j6/revision/1 https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1 https://www.bbc.co.uk/bitesize/guides/zqrvwx/revision/1	– Friday after school B7
23 rd March 2026	Revision Lesson 6 – Physical training Lesson 7 - Sports psychology		Revision Book: Page 33 – 64 GCSE Bitesize https://www.bbc.co.uk/bitesize/guides/zckcdmn/revision/1 https://www.bbc.co.uk/bitesize/guides/ztnfrd/revision/1 https://www.bbc.co.uk/bitesize/guides/zchxnk/revision/1 https://www.bbc.co.uk/bitesize/guides/zx4gk7h/revision/1	– Friday after school B7
30 th March 2026		Easter Revision		
6 th April 2026				

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13 th April 2026	Revision Lesson 8 – Social cultural Lesson 9 – Health fitness and well being Lesson 10 – Data Analysis			
20 th April 2026	Revision Lesson 11 – Exam Technique Lesson 12 – Exam Technique		Revision Book: Page 65,66 and 110-124 GCSE Bitesize https://www.bbc.co.uk/bitesize/guides/zwkcdmn/revision/1 https://www.bbc.co.uk/bitesize/guides/zyntfrd/revision/1	
27 th April 2026	Revision Lesson 13 - Exam Technique Lesson 14 – Exam Technique Lesson 15 - Exam Technique		Revision Book: Page 65,66 and 110-124 GCSE Bitesize https://www.bbc.co.uk/bitesize/guides/zwkcdmn/revision/1 https://www.bbc.co.uk/bitesize/guides/zyntfrd/revision/1	
4 th May 2026	External examinations begin			
Examination Dates	Wednesday 7th May (am) Paper 1 – 22/10/26 (am) Paper 2 – 1/6/26 (am) NEA – Moderation TBC			