

PE

PE

SUBJECT: PHYSICAL EDUCATION

The secret to success in Physical Education

What exams will I take in the Summer Term?

Exam Board: AQA

Paper Name	Topics	Time of paper
Paper 1 Friday 22 May	Paper 1 - The human body and movement in physical activity and sport	1h 15m
Paper 2 Monday 1 June	Paper 2 - Socio-cultural influences and well-being in physical activity and sport	1h 15m
NEA	NEA - Practical performance in physical activity and sport Submission date: December 19 th	4h

Support in school:

Drop in revision session – Tuesday lunchtimes – Classroom tbc – All students can attend

After school revision session – Thursdays – P14 - All students can attend

Revision Ideas:

- EverLearner
- BBC Bitesize
- Quizlet
- Past papers can be found in your Showbie folder (“Revision resources”)

Week 1: w/c 16 February 2026 - HALF TERM

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete a “5-a-day” question sheet, mark your answers and green pen.		
Produce a PE revision timetable or use the revision timetable provided in the “Revision resources” folder. This will give you a topic or topics for the week.		

You SHOULD do	✓	RAG
Use EverLearner: Watch the video lesson on the topic(s) of the week, practice the questions then test yourself using 20 questions.		
Produce a mind map for the topic(s) of the week		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Produce 5 questions on the topics you’ve been studying, and write a mark scheme for each.		

Week 2: w/c 23 February 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 3: w/c 2 March 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 4: w/c 9 March 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 5: w/c 16 March 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 6: w/c 23 March 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 7: w/c 30 March 2026 – EASTER WEEK 1

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 8: w/c 6 April 2026 – EASTER WEEK 2

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 9: w/c 13 April 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 10: w/c 20 April 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 11: w/c 27 April 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		

Week 12: w/c 4 May 2026

You MUST do	✓	RAG
Complete the homework your teacher has set this week.		
Complete “5-a-day” question sheets, mark your answers and green pen.		

You SHOULD do	✓	RAG
Produce a mind map for the topic(s) of the week.		
Use EverLearner lesson videos to check your mind maps for content		

You COULD do	✓	RAG
Past paper questions on the topic(s) for this week.		
Apply what you’ve learned by finding examples in each of the topic areas you’ve covered (e.g. flexion in football, isometric contraction in gymnastics...)		