

# Revision Olympics



# Y11 Physical Education

## Exam Specification and General Support

### Exam specification and exam board

[GCSE AQA 8582](#)

### Past paper questions

[GCSE PE AQA 8582 Assessment Resources](#)

### Useful revision websites

[GCSE Pod](#)  
[Seneca Learning](#)  
[BBC Bitesize](#)  
[Everlearner](#) (payment required)

### Exam info

**Paper 1: Wednesday 22 May 2024 (PM, 1hr 15min)**

The musculoskeletal system  
The cardio-respiratory system  
Physical training  
Movement analysis  
Use of data  
78 Marks

**Paper 2: Monday 3 June 2024 (PM, 1hr 15min)**

Socio-cultural influences  
Sports psychology  
Health & fitness  
Use of data  
78 Marks

# Y11 Physical Education Revision Plan

Week	Activity 1	Activity 2
<b>1</b> 19.02.24	<b>Health &amp; Fitness</b> Complete test <a href="#">Health &amp; Fitness.docx</a>	Seneca Learning Tasks: <a href="https://app.senecalearning.com/dashboard/class/b0d41tv2rj/assignments/assignment/f43f6367-19f8-42de-9deb-9fe4df8fc7ee">https://app.senecalearning.com/dashboard/class/b0d41tv2rj/assignments/assignment/f43f6367-19f8-42de-9deb-9fe4df8fc7ee</a>
<b>2</b> 26.02.24	<b>Health &amp; Fitness</b> Complete revision cards on slides 10 & 11 <a href="#">Revision Cards for Topics.pptx</a>	
<b>3</b> 04.03.24	<b>Sports Psychology</b> Complete test <a href="#">Sports Psychology.docx</a>	Seneca Learning Tasks: <a href="https://app.senecalearning.com/dashboard/class/b0d41tv2rj/assignments/assignment/d02e3713-66df-4237-a1bd-9570a1efc98c">https://app.senecalearning.com/dashboard/class/b0d41tv2rj/assignments/assignment/d02e3713-66df-4237-a1bd-9570a1efc98c</a>
<b>4</b> 11.03.24	<b>Sports Psychology</b> Complete revision cards on slides 12 & 13 <a href="#">Revision Cards for Topic.pptx</a>	
<b>5</b> 18.03.24	<b>Physical Training</b> Complete test	

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Week	Activity 1	Activity 2
<p><b>6</b> 25.03.24</p>	<p><b>Physical Training</b> Complete revision cards on slides 5, 6, 7 &amp; 8 <a href="#">Revision Cards for Topic.pptx</a></p>	
<p><b>Easter Break</b></p>	<p><b>Musculoskeletal System</b> Complete test <a href="#">Musculoskeletal System.docx</a></p>	<p>Seneca Learning Tasks: (Link will be available after Easter)</p>
<p><b>7</b> 15.04.24</p>	<p><b>Musculoskeletal System</b> Complete revision card on slide 1 <a href="#">Revision Cards for Topic.pptx</a></p>	
<p><b>8</b> 22.04.24</p>	<p><b>Cardio-respiratory System</b> Complete test <a href="#">The Cardio-respiratory System.docx</a></p>	<p>Seneca Learning Tasks: (Link will be available after Easter)</p>
<p><b>9</b> 29.04.24</p>	<p><b>Cardio-respiratory System</b> Complete revision cards on slides 2 &amp; 3 <a href="#">Revision Cards for Topic.pptx</a></p>	