

When	Planning your revision - topic by topic, week by week. Include the WHAT and the HOW eg topic plus revision strategy		
	Topics I will revise from Paper 1	Topics I will revise from Paper 2 and Paper 3	Past Papers that I will complete, self-assess and Improve
24 February Have you plotted your revision plan for the full revision period? Do you have checklists of key knowledge and/or the specification to refer to?	1.1 Skeletal and Muscular Systems 1.2 Cardiovascular and Respiratory Systems	4.1 Classification of skills 4.2 Types and Methods of Practice 4.3 Transfer of Skills 4.4 Learning Theories 4.5 Stages of Learning, guidance and Feedback	2020 Series (All 3 Papers)
3 March MOCK EXAM WEEK Have you carried out a revision checklist audit to help you rank topics? Have you used this to interleave and space content needed in your assessments?	All Topics	All Topics	2021 Series (All 3 Papers)
10 March Have you created flashcards for knowledge in each subject? Has your teacher advised you how to create and use them in each subject? Are you aware of apps you can use to create these electronically?	7.1 Energy For Exercise 7.2 Recovery Altitude and Heat	10.1 Memory Models 5.1 Individual Differences 5.2 Group and Team Dynamics and goal setting in Sport	2012 Series (All 3 Papers)

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17 March Are you revisiting your revision checklist audit to make sure you are spacing topics according to how secure your knowledge and understanding are? Are you using a range of apps and quizzing methods to support revision in your subject?	2.1 Diet and Nutrition 2.2 Preparation and Training Methods 8.1 Injury Prevention and Rehabilitation	11.1 Attribution in Sport 11.2 Confidence and Self-Efficacy in Sport and Performance 11.3 Leadership in Sport 11.4 Stress Management to optimise Performance	2023 Series (All 3 Papers)
24 March Have you explored visual ways to represent knowledge in your subjects eg mindmaps/concept maps? Do you use these to make connections between different pieces of knowledge?	.1 Biomechanical Principles: Newton's Laws and Use of Technology 3.2 Biomechanical Principles: Stability and Lever Systems	6.1 Emergence and Evolution of modern-day Sport 6.2 Sport in the 20 th Century 6.3 Global Sporting Events	2018 Series (All 3 Papers)
31 March Make a note of any revision sessions you are attending Can you summarise topics/methods in a minute in each subject? How can you check you've remembered all key information?	9.1 Linear Motion 9.2 Angular Motion 9.3 Fluid Mechanics and Projectile Motion	12.1 Ethics and Deviance in Sport 12,2 Commercialisation and Media 12.3 Routes to Sporting Excellence in the UK 12.4 Modern Technology in Sport	2019 Series (All 3 Papers)

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Easter break from college			
23 April Can you teach examples of content and knowledge to other students? Can you explain how to meet the assessment criteria for the high grades?			2020 Series (All 3 Papers)
28 April Are you confidently completing exam questions in the time allowed? Are you able to mark these accurately to show your understanding of the mark scheme? Have you revisited previous assessments to see how you would improve now and to ensure you have addressed all feedback advice?			2021 Series (All 3 Papers)

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6 May 4 day week at college			2022 Series (All 3 Papers)
12 May			2023 Series (All 3 Papers)