

PHYSICAL EDUCATION REVISION SESSIONS 2024

Date	Breakfast	Afterschool
13 th February 2024	Engagement Patterns	Commercialisation
27 th February 2024	Sportsmanship/ Gamesmanship/ Deviance	Training Methods
5 th March 2024	Types of Feedback	Components of Fitness/ Fitness Testing
12 th March 2024	Antagonistic Pairs	Injury Prevention
19 th March 2024	Muscle fibre types	Practice Methods
26 th March 2024	Principles of Training	Types of Guidance
16 th April 2024	Engagement Patterns	Lever Systems
23 rd April 2024	Planes and Axis	Skill Classification
30 th April 2024	PED's	Diet and Nutrition
7 th May 2024	Musculoskeletal system	Respiratory System
14 th May 2024	Non-specific	Cardiovascular System
21 st May 2024	Non-specific	Non-specific
Wednesday 22 nd May (Afternoon) – Paper 1: Fitness and Body Systems		
Monday 3 rd June (Afternoon) – Paper 2: Health and Performance		