CreMento

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Physical Education Revision Calendar

A day-by-day Physical Education revision plan to the exam: 10 revision blocks with minor tests, then 10 full-length exam simulations.

Physical Education

11 minor + 10 full-length tests

Free for everyone

Reach your summit.

Plan: 1 Oct → 13 Dec · Exam 14–18 & 21 Dec 2026 · English edition

74
days to exam

How the plan is built

Three phases · 74 days

DAYS 1–43

Block revision

10 revision blocks, each sealed by a minor test of 1 unit.

DAYS 44–73

Full-length tests

10 full-length, exam-timing tests, each followed by a review day for your error log.

DAYS 74–74

Taper

Rapid high-yield revision and a light final day. Rest days follow until the exam.

DESIGN PRINCIPLES

- **10 revision blocks** — The syllabus splits into 10 blocks, each sealed by a minor test.
- **Minor tests · 1 unit** — Each minor test covers exactly 1 unit, taken right after you revise them (50 Q).
- **10 full-length tests** — 10 exam-pattern, exam-timing full tests alternate with review days in the final stretch.
- **Review, then re-revise** — Every full test is followed by a review day — log mistakes, re-revise the weak units.

READING THE PLAN

Each day carries a focus type:

Revise | Revise + Test | Full Test | Review | Taper

74	10	21	10
days · 1 Oct – 13 Dec	syllabus units revised	tests in the series	full-length tests

Your test series — 21 tests

Physical Education

10 minor tests lock in each revision block, plus a Paper 1 aptitude test; 10 full-length exam simulations complete the plan. Every test opens in the CreMento app.

s1 Short Test 1 · Block 1
Foundations and History of Physical Education
MINOR · 1 UNIT 50 Q Day 5 · 5 Oct
Premium
Open in the CreMento app to unlock

s2 Short Test 2 · Block 2
Exercise Physiology
MINOR · 1 UNIT 50 Q Day 9 · 9 Oct
Premium
Open in the CreMento app to unlock

s3 Short Test 3 · Block 3
Kinesiology and Biomechanics
MINOR · 1 UNIT 50 Q Day 13 · 13 Oct
Premium
Open in the CreMento app to unlock

s4 Short Test 4 · Block 4
Sports Psychology and Sociology
MINOR · 1 UNIT 50 Q Day 17 · 17 Oct
Premium
Open in the CreMento app to unlock

s5 Short Test 5 · Block 5
Teacher Education and Professional Preparation
MINOR · 1 UNIT 50 Q Day 21 · 21 Oct
Premium
Open in the CreMento app to unlock

s6 Short Test 6 · Block 6
Health Education and Nutrition
MINOR · 1 UNIT 50 Q Day 25 · 25 Oct
Premium
Open in the CreMento app to unlock

s7 Short Test 7 · Block 7
Sports Training
MINOR · 1 UNIT 50 Q Day 29 · 29 Oct
Premium
Open in the CreMento app to unlock

s8 Short Test 8 · Block 8
Research Methods in Physical Education
MINOR · 1 UNIT 50 Q Day 33 · 2 Nov
Premium
Open in the CreMento app to unlock

s9 Short Test 9 · Block 9
Test, Measurement and Evaluation
MINOR · 1 UNIT 50 Q Day 37 · 6 Nov
Premium
Open in the CreMento app to unlock

s10 Short Test 10 · Block 10
Management and Organisation of Physical Education
MINOR · 1 UNIT 50 Q Day 41 · 10 Nov
Premium
Open in the CreMento app to unlock

a1 Aptitude Test · Paper 1 Mix
Reasoning · Comprehension · ICT · Data Interpretation & more
PAPER 1 APTITUDE 50 Q Day 43 · 12 Nov
Premium
Open in the CreMento app to unlock

Your test series — 21 tests

Physical Education

10 minor tests lock in each revision block, plus a Paper 1 aptitude test; 10 full-length exam simulations complete the plan. Every test opens in the CreMento app.

F1 Full Test 1 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 45 · 14 Nov
Premium
Open in the CreMento app to unlock

F2 Full Test 2 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 48 · 17 Nov
Premium
Open in the CreMento app to unlock

F3 Full Test 3 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 51 · 20 Nov
Premium
Open in the CreMento app to unlock

F4 Full Test 4 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 54 · 23 Nov
Premium
Open in the CreMento app to unlock

F5 Full Test 5 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 57 · 26 Nov
Premium
Open in the CreMento app to unlock

F6 Full Test 6 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 60 · 29 Nov
Premium
Open in the CreMento app to unlock

F7 Full Test 7 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 63 · 2 Dec
Premium
Open in the CreMento app to unlock

F8 Full Test 8 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 66 · 5 Dec
Premium
Open in the CreMento app to unlock

F9 Full Test 9 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 69 · 8 Dec
Premium
Open in the CreMento app to unlock

F10 Full Test 10 · Exam Simulation
Full syllabus — exam pattern, exam timing
FULL-LENGTH 100 Q Day 72 · 11 Dec
Premium
Open in the CreMento app to unlock

October 2026 — Physical Education

74 days to exam → 44 days to exam

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	1 · Foundations and History of Physica…	2 · Foundations and History of Physica…	3 · Foundations and History of Physica…	4 · Foundations and History of Physica…
5 · Short Test 1 · s1	6 · Exercise Physiology	7 · Exercise Physiology	8 · Exercise Physiology	9 · Short Test 2 · s2	10 · Kinesiology and Biomechanics	11 · Kinesiology and Biomechanics
12 · Kinesiology and Biomechanics	13 · Short Test 3 · s3	14 · Sports Psychology and Sociology	15 · Sports Psychology and Sociology	16 · Sports Psychology and Sociology	17 · Short Test 4 · s4	18 · Teacher Education and Professional…
19 · Teacher Education and Professional…	20 · Teacher Education and Professional…	21 · Short Test 5 · s5	22 · Health Education and Nutrition	23 · Health Education and Nutrition	24 · Health Education and Nutrition	25 · Short Test 6 · s6
26 · Sports Training	27 · Sports Training	28 · Sports Training	29 · Short Test 7 · s7	30 · Research Methods in Physical Educa…	31 · Research Methods in Physical Educa…	1

Block revision · Full-length tests · Taper · minor test (1 unit) · full-length test

November 2026 — Physical Education

43 days to exam → 14 days to exam

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	1 · 32 Research Methods in Physical Educa…
2 · 33 Short Test 8 ● s8	3 · 34 Test, Measurement and Evaluation	4 · 35 Test, Measurement and Evaluation	5 · 36 Test, Measurement and Evaluation	6 · 37 Short Test 9 ● s9	7 · 38 Management and Organisation of Phy…	8 · 39 Management and Organisation of Phy…
9 · 40 Management and Organisation of Phy…	10 · 41 Short Test 10 ● s10	11 · 42 Rapid revision	12 · 43 Aptitude Test ● a1	13 · 44 Rapid revision	14 · 45 Full Test 1 ★ F1	15 · 46 Review + revise
16 · 47 Rapid revision	17 · 48 Full Test 2 ★ F2	18 · 49 Review + revise	19 · 50 Rapid revision	20 · 51 Full Test 3 ★ F3	21 · 52 Review + revise	22 · 53 Rapid revision
23 · 54 Full Test 4 ★ F4	24 · 55 Review + revise	25 · 56 Rapid revision	26 · 57 Full Test 5 ★ F5	27 · 58 Review + revise	28 · 59 Rapid revision	29 · 60 Full Test 6 ★ F6
30 · 61 Review + revise	1	2	3	4	5	6

Block revision · Full-length tests · Taper · ● minor test (1 unit) · ★ full-length test

December 2026 — Physical Education

13 days to exam → 1 days to exam

MON	TUE	WED	THU	FRI	SAT	SUN
30	1 · 62 Rapid revision	2 · 63 Full Test 7 ★ F7	3 · 64 Review + revise	4 · 65 Rapid revision	5 · 66 Full Test 8 ★ F8	6 · 67 Review + revise
7 · 68 Rapid revision	8 · 69 Full Test 9 ★ F9	9 · 70 Review + revise	10 · 71 Rapid revision	11 · 72 Full Test 10 ★ F10	12 · 73 Review + revise	13 · 74 Light revision
14 EXAM DAY your date: admit card	15 EXAM DAY your date: admit card	16 EXAM DAY your date: admit card	17 EXAM DAY your date: admit card	18 EXAM DAY your date: admit card	19 rest & light revise	20 rest & light revise
21 EXAM DAY your date: admit card	22	23	24	25	26	27
28	29	30	31	1	2	3

Block revision · Full-length tests · Taper · minor test (1 unit) · ★ full-length test

W1 WEEK — Physical Education

"Revision is not repetition — it is reinforcement."

1 Oct – 7 Oct · 68 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
1 Oct Thu	Revise	**Revise — Foundations and History of Physical Education** Foundations and History of Physical Education	*Self-revision*
2 Oct Fri	Revise	**Revise — Foundations and History of Physical Education** Foundations and History of Physical Education	*Self-revision*
3 Oct Sat	Revise	**Revise — Foundations and History of Physical Education** Foundations and History of Physical Education	*Self-revision*
4 Oct Sun	Revise	**Revise — Foundations and History of Physical Education** Foundations and History of Physical Education	*Self-revision*
5 Oct Mon	Revise + Test	**Short Test 1 · Block 1** Foundations and History of Physical Education	**s1 · Short Test 1 · Block 1** Foundations and History of Physical Education · 50 Q — Premium
6 Oct Tue	Revise	**Revise — Exercise Physiology** Exercise Physiology	*Self-revision*
7 Oct Wed	Revise	**Revise — Exercise Physiology** Exercise Physiology	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W2 WEEK — Physical Education

"Small daily improvements are the key to staggering long-term results."

8 Oct – 14 Oct · 61 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
8 Oct Thu	Revise	**Revise — Exercise Physiology** Exercise Physiology	*Self-revision*
9 Oct Fri	Revise + Test	**Short Test 2 · Block 2** Exercise Physiology	**s2 · Short Test 2 · Block 2** Exercise Physiology · 50 Q Premium
10 Oct Sat	Revise	**Revise — Kinesiology and Biomechanics** Kinesiology and Biomechanics	*Self-revision*
11 Oct Sun	Revise	**Revise — Kinesiology and Biomechanics** Kinesiology and Biomechanics	*Self-revision*
12 Oct Mon	Revise	**Revise — Kinesiology and Biomechanics** Kinesiology and Biomechanics	*Self-revision*
13 Oct Tue	Revise + Test	**Short Test 3 · Block 3** Kinesiology and Biomechanics	**s3 · Short Test 3 · Block 3** Kinesiology and Biomechanics · 50 Q Premium
14 Oct Wed	Revise	**Revise — Sports Psychology and Sociology** Sports Psychology and Sociology	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W3 WEEK — Physical Education

"The pain of discipline weighs ounces; the pain of regret weighs tons."

15 Oct – 21 Oct · 54 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
15 Oct Thu	Revise	**Revise — Sports Psychology and Sociology** Sports Psychology and Sociology	*Self-revision*
16 Oct Fri	Revise	**Revise — Sports Psychology and Sociology** Sports Psychology and Sociology	*Self-revision*
17 Oct Sat	Revise + Test	**Short Test 4 · Block 4** Sports Psychology and Sociology	**s4 · Short Test 4 · Block 4** Sports Psychology and Sociology · 50 Q Premium
18 Oct Sun	Revise	**Revise — Teacher Education and Professional Preparation** Teacher Education and Professional Preparation	*Self-revision*
19 Oct Mon	Revise	**Revise — Teacher Education and Professional Preparation** Teacher Education and Professional Preparation	*Self-revision*
20 Oct Tue	Revise	**Revise — Teacher Education and Professional Preparation** Teacher Education and Professional Preparation	*Self-revision*
21 Oct Wed	Revise + Test	**Short Test 5 · Block 5** Teacher Education and Professional Preparation	**s5 · Short Test 5 · Block 5** Teacher Education and Professional Preparation · 50 Q Premium

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W4 WEEK — Physical Education

"Practice under pressure, perform with ease."

22 Oct – 28 Oct · 47 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
22 Oct Thu	Revise	**Revise — Health Education and Nutrition** Health Education and Nutrition	*Self-revision*
23 Oct Fri	Revise	**Revise — Health Education and Nutrition** Health Education and Nutrition	*Self-revision*
24 Oct Sat	Revise	**Revise — Health Education and Nutrition** Health Education and Nutrition	*Self-revision*
25 Oct Sun	Revise + Test	**Short Test 6 · Block 6** Health Education and Nutrition	**s6 · Short Test 6 · Block 6** Health Education and Nutrition · 50 Q Premium
26 Oct Mon	Revise	**Revise — Sports Training** Sports Training	*Self-revision*
27 Oct Tue	Revise	**Revise — Sports Training** Sports Training	*Self-revision*
28 Oct Wed	Revise	**Revise — Sports Training** Sports Training	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W5 WEEK — Physical Education

"Revision is not repetition — it is reinforcement."

29 Oct – 4 Nov · 40 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
29 Oct Thu	Revise + Test	**Short Test 7 · Block 7** Sports Training	**s7 · Short Test 7 · Block 7** Sports Training · 50 Q — Premium
30 Oct Fri	Revise	**Revise — Research Methods in Physical Education** Research Methods in Physical Education	*Self-revision*
31 Oct Sat	Revise	**Revise — Research Methods in Physical Education** Research Methods in Physical Education	*Self-revision*
1 Nov Sun	Revise	**Revise — Research Methods in Physical Education** Research Methods in Physical Education	*Self-revision*
2 Nov Mon	Revise + Test	**Short Test 8 · Block 8** Research Methods in Physical Education	**s8 · Short Test 8 · Block 8** Research Methods in Physical Education · 50 Q — Premium
3 Nov Tue	Revise	**Revise — Test, Measurement and Evaluation** Test, Measurement and Evaluation	*Self-revision*
4 Nov Wed	Revise	**Revise — Test, Measurement and Evaluation** Test, Measurement and Evaluation	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W6 WEEK — Physical Education

"Small daily improvements are the key to staggering long-term results."

5 Nov – 11 Nov · 33 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
36 5 Nov Thu	Revise	**Revise — Test, Measurement and Evaluation** Test, Measurement and Evaluation	*Self-revision*
37 6 Nov Fri	Revise + Test	**Short Test 9 · Block 9** Test, Measurement and Evaluation	**s9 · Short Test 9 · Block 9** Test, Measurement and Evaluation · 50 Q — Premium
38 7 Nov Sat	Revise	**Revise — Management and Organisation of Physical Education** Management and Organisation of Physical Education	*Self-revision*
39 8 Nov Sun	Revise	**Revise — Management and Organisation of Physical Education** Management and Organisation of Physical Education	*Self-revision*
40 9 Nov Mon	Revise	**Revise — Management and Organisation of Physical Education** Management and Organisation of Physical Education	*Self-revision*
41 10 Nov Tue	Revise + Test	**Short Test 10 · Block 10** Management and Organisation of Physical Education	**s10 · Short Test 10 · Block 10** Management and Organisation of Physical Education · 50 Q — Premium
42 11 Nov Wed	Revise	**Rapid full-syllabus revision — high-yield topics**	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W7 WEEK — Physical Education

"The pain of discipline weighs ounces; the pain of regret weighs tons."

12 Nov – 18 Nov · 26 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
43 · 12 Nov Thu	Revise + Test	**Aptitude day — Paper-1 style practice test**	**a1 · Aptitude Test · Paper 1 Mix** — Reasoning · Comprehension · ICT · Data Interpretation & more · 50 Q — Premium
44 · 13 Nov Fri	Revise	**Rapid full-syllabus revision — high-yield topics**	*Self-revision*
45 · 14 Nov Sat	Full Test	**FULL TEST 1 — full syllabus, exam timing**	**F1 · Full Test 1 · Exam Simulation** — Full syllabus — exam pattern, exam timing · 100 Q — Premium
46 · 15 Nov Sun	Review	**Full Test 1 review · error log + weak-unit revision**	*Self-revision*
47 · 16 Nov Mon	Revise	**Rapid full-syllabus revision — high-yield topics**	*Self-revision*
48 · 17 Nov Tue	Full Test	**FULL TEST 2 — full syllabus, exam timing**	**F2 · Full Test 2 · Exam Simulation** — Full syllabus — exam pattern, exam timing · 100 Q — Premium
49 · 18 Nov Wed	Review	**Full Test 2 review · error log + weak-unit revision**	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W8 WEEK — Physical Education

"Practice under pressure, perform with ease."

19 Nov – 25 Nov · 19 days to exam

FULL-LENGTH TESTS

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
50 · 19 Nov Thu	Revise	Rapid full-syllabus revision — high-yield topics	*Self-revision*
51 · 20 Nov Fri	Full Test	FULL TEST 3 — full syllabus, exam timing	F3 · Full Test 3 · Exam Simulation — Full syllabus — exam pattern, exam timing · 100 Q — Premium
52 · 21 Nov Sat	Review	Full Test 3 review · error log + weak-unit revision	*Self-revision*
53 · 22 Nov Sun	Revise	Rapid full-syllabus revision — high-yield topics	*Self-revision*
54 · 23 Nov Mon	Full Test	FULL TEST 4 — full syllabus, exam timing	F4 · Full Test 4 · Exam Simulation — Full syllabus — exam pattern, exam timing · 100 Q — Premium
55 · 24 Nov Tue	Review	Full Test 4 review · error log + weak-unit revision	*Self-revision*
56 · 25 Nov Wed	Revise	Rapid full-syllabus revision — high-yield topics	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W9 WEEK — Physical Education

"Revision is not repetition — it is reinforcement."

26 Nov – 2 Dec · 12 days to exam

FULL-LENGTH TESTS

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
57 · 26 Nov Thu	Full Test	FULL TEST 5 — full syllabus, exam timing	F5 · Full Test 5 · Exam Simulation — Full syllabus — exam pattern, exam timing · 100 Q — Premium
58 · 27 Nov Fri	Review	Full Test 5 review · error log + weak-unit revision	*Self-revision*
59 · 28 Nov Sat	Revise	Rapid full-syllabus revision — high-yield topics	*Self-revision*
60 · 29 Nov Sun	Full Test	FULL TEST 6 — full syllabus, exam timing	F6 · Full Test 6 · Exam Simulation — Full syllabus — exam pattern, exam timing · 100 Q — Premium
61 · 30 Nov Mon	Review	Full Test 6 review · error log + weak-unit revision	*Self-revision*
62 · 1 Dec Tue	Revise	Rapid full-syllabus revision — high-yield topics	*Self-revision*
63 · 2 Dec Wed	Full Test	FULL TEST 7 — full syllabus, exam timing	F7 · Full Test 7 · Exam Simulation — Full syllabus — exam pattern, exam timing · 100 Q — Premium

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W10 WEEK

Physical Education

"Small daily improvements are the key to staggering long-term results."

3 Dec – 9 Dec · 5 days to exam

FULL-LENGTH TESTS

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
64 3 Dec Thu	Review	Full Test 7 review · error log + weak-unit revision	*Self-revision*
65 4 Dec Fri	Revise	Rapid full-syllabus revision — high-yield topics	*Self-revision*
66 5 Dec Sat	Full Test	FULL TEST 8 — full syllabus, exam timing	**F8 · Full Test 8 · Exam Simulation** Full syllabus — exam pattern, exam timing · 100 Q — Premium
67 6 Dec Sun	Review	Full Test 8 review · error log + weak-unit revision	*Self-revision*
68 7 Dec Mon	Revise	Rapid full-syllabus revision — high-yield topics	*Self-revision*
69 8 Dec Tue	Full Test	FULL TEST 9 — full syllabus, exam timing	**F9 · Full Test 9 · Exam Simulation** Full syllabus — exam pattern, exam timing · 100 Q — Premium
70 9 Dec Wed	Review	Full Test 9 review · error log + weak-unit revision	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN

W11 WEEK

Physical Education

"The pain of discipline weighs ounces; the pain of regret weighs tons."

10 Dec – 13 Dec · 1 days to exam

FULL-LENGTH TESTS

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
71 10 Dec Thu	Revise	**Rapid full-syllabus revision — high-yield topics**	*Self-revision*
72 11 Dec Fri	Full Test	**FULL TEST 10 — full syllabus, exam timing**	**F10 · Full Test 10 · Exam Simulation** Full syllabus — exam pattern, exam timing · 100 Q Premium
73 12 Dec Sat	Review	**Full Test 10 review · error log + weak-unit revision**	*Self-revision*
74 13 Dec Sun	Taper	**Light revision + exam-day strategy**	*Self-revision*

WEEKLY AUDIT Auto: tests taken · avg score % · best / worst unit · time on app You: days revised vs planned · self-rating /10 · fix for next week

MY NOTES — WRITE YOUR OWN