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 5 full-length exam simulations.

Physical Education

10 minor + 5 full-length tests

Free for everyone

Reach your summit.

Plan: 1 Oct → 18 Nov · Exam 19 Nov 2026 · English edition

49
days to exam

How the plan is built

Three phases · 49 days

DAYS 1–31

Block revision

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

DAYS 32–47

Full-length tests

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

DAYS 48–49

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 · 1 hour).
- **5 full-length tests** — 5 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

49	10	15	5
days · 1 Oct – 18 Nov	syllabus units revised	tests in the series	full-length tests

Your test series — 15 tests

Physical Education

10 minor tests lock in each revision block; 5 full-length exam simulations complete the plan. Every test opens in the CreMento app.

m1 Minor Test 1 · 1 unit
Foundations, Philosophy, Yoga and History of PE
MINOR · 1 UNIT 50 Q Day 8 · 8 Oct
Premium
Open in the CreMento app to unlock

m2 Minor Test 2 · 1 unit
Exercise Physiology, Athletic Injuries and Doping
MINOR · 1 UNIT 50 Q Day 10 · 10 Oct
Premium
Open in the CreMento app to unlock

m3 Minor Test 3 · 1 unit
Kinesiology and Biomechanics
MINOR · 1 UNIT 50 Q Day 13 · 13 Oct
Premium
Open in the CreMento app to unlock

m4 Minor Test 4 · 1 unit
Sports Psychology and Sociology
MINOR · 1 UNIT 50 Q Day 15 · 15 Oct
Premium
Open in the CreMento app to unlock

m5 Minor Test 5 · 1 unit
Teacher Education and Professional Preparation
MINOR · 1 UNIT 50 Q Day 18 · 18 Oct
Premium
Open in the CreMento app to unlock

m6 Minor Test 6 · 1 unit
Health Education, Nutrition and Recreation
MINOR · 1 UNIT 50 Q Day 21 · 21 Oct
Premium
Open in the CreMento app to unlock

m7 Minor Test 7 · 1 unit
Sports Training, Coaching and Rules of Games
MINOR · 1 UNIT 50 Q Day 23 · 23 Oct
Premium
Open in the CreMento app to unlock

m8 Minor Test 8 · 1 unit
Research Methods and Statistics
MINOR · 1 UNIT 50 Q Day 25 · 25 Oct
Premium
Open in the CreMento app to unlock

m9 Minor Test 9 · 1 unit
Test, Measurement and Evaluation
MINOR · 1 UNIT 50 Q Day 28 · 28 Oct
Premium
Open in the CreMento app to unlock

m10 Minor Test 10 · 1 unit
Sports Management, Teaching Methods and Technology
MINOR · 1 UNIT 50 Q Day 30 · 30 Oct
Premium
Open in the CreMento app to unlock

Your test series — 15 tests

Physical Education

10 minor tests lock in each revision block; 5 full-length exam simulations complete the plan. Every test opens in the CreMento app.

F1 **Full Test 1 · 120 questions, 2 hours**
Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, −1 wrong
FULL-LENGTH 120 Q Day 33 · 2 Nov
Premium
Open in the CreMento app to unlock

F2 **Full Test 2 · 120 questions, 2 hours**
Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, −1 wrong
FULL-LENGTH 120 Q Day 37 · 6 Nov
Premium
Open in the CreMento app to unlock

F3 **Full Test 3 · 120 questions, 2 hours**
Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, −1 wrong
FULL-LENGTH 120 Q Day 40 · 9 Nov
Premium
Open in the CreMento app to unlock

F4 **Full Test 4 · 120 questions, 2 hours**
Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, −1 wrong
FULL-LENGTH 120 Q Day 43 · 12 Nov
Premium
Open in the CreMento app to unlock

F5 **Full Test 5 · 120 questions, 2 hours**
Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, −1 wrong
FULL-LENGTH 120 Q Day 46 · 15 Nov
Premium
Open in the CreMento app to unlock

October 2026 — Physical Education

49 days to exam → 19 days to exam

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	1 · 1 Foundations, Philosophy, Yoga and …	2 · 2 Foundations, Philosophy, Yoga and …	3 · 3 Foundations, Philosophy, Yoga and …	4 · 4 Foundations, Philosophy, Yoga and …
5 · 5 Foundations, Philosophy, Yoga and …	6 · 6 Foundations, Philosophy, Yoga and …	7 · 7 Foundations, Philosophy, Yoga and …	8 · 8 Minor Test 1 ● m1	9 · 9 Exercise Physiology, Athletic Inju…	10 · 10 Minor Test 2 ● m2	11 · 11 Kinesiology and Biomechanics
12 · 12 Kinesiology and Biomechanics	13 · 13 Minor Test 3 ● m3	14 · 14 Sports Psychology and Sociology	15 · 15 Minor Test 4 ● m4	16 · 16 Teacher Education and Professional…	17 · 17 Teacher Education and Professional…	18 · 18 Minor Test 5 ● m5
19 · 19 Health Education, Nutrition and Re…	20 · 20 Health Education, Nutrition and Re…	21 · 21 Minor Test 6 ● m6	22 · 22 Sports Training, Coaching and Rule…	23 · 23 Minor Test 7 ● m7	24 · 24 Research Methods and Statistics	25 · 25 Minor Test 8 ● m8
26 · 26 Test, Measurement and Evaluation	27 · 27 Test, Measurement and Evaluation	28 · 28 Minor Test 9 ● m9	29 · 29 Sports Management, Teaching Method…	30 · 30 Minor Test 10 ● m10	31 · 31 Foundations, Philosophy, Yoga and …	1

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

November 2026 — Physical Education

18 days to exam → 1 days to exam

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	1 · 32 Exercise Physiology, Athletic Inju…
2 · 33 Full Test 1 ★ F1	3 · 34 Review + revise	4 · 35 Sports Psychology and Sociology	5 · 36 Teacher Education and Professional…	6 · 37 Full Test 2 ★ F2	7 · 38 Review + revise	8 · 39 Sports Training, Coaching and Rule…
9 · 40 Full Test 3 ★ F3	10 · 41 Review + revise	11 · 42 Research Methods and Statistics	12 · 43 Full Test 4 ★ F4	13 · 44 Review + revise	14 · 45 Sports Management, Teaching Method…	15 · 46 Full Test 5 ★ F5
16 · 47 Review + revise	17 · 48 Rapid revision	18 · 49 Light revision	19 **EXAM DAY** give it everything	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

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 · 43 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
1 1 Oct Thu	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*Self-revision*
2 2 Oct Fri	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*Self-revision*
3 3 Oct Sat	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*Self-revision*
4 4 Oct Sun	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*Self-revision*
5 5 Oct Mon	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*Self-revision*
6 6 Oct Tue	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*Self-revision*
7 7 Oct Wed	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*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 · 36 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
8 Oct Thu	Revise + Test	**Minor Test 1 · 1 unit** Foundations, Philosophy, Yoga and History of PE	**m1 · Minor Test 1 · 1 unit** Foundations, Philosophy, Yoga and History of PE · 50 Q — Premium
9 Oct Fri	Revise	**Revise – Exercise Physiology, Athletic Injuries and Doping** Exercise Physiology, Athletic Injuries and Doping	*Self-revision*
10 Oct Sat	Revise + Test	**Minor Test 2 · 1 unit** Exercise Physiology, Athletic Injuries and Doping	**m2 · Minor Test 2 · 1 unit** Exercise Physiology, Athletic Injuries and Doping · 50 Q — Premium
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	**Minor Test 3 · 1 unit** Kinesiology and Biomechanics	**m3 · Minor Test 3 · 1 unit** 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 · 29 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
15 Oct Thu	Revise + Test	**Minor Test 4 · 1 unit** Sports Psychology and Sociology	**m4 · Minor Test 4 · 1 unit** Sports Psychology and Sociology · 50 Q — Premium
16 Oct Fri	Revise	**Revise – Teacher Education and Professional Preparation** Teacher Education and Professional Preparation	*Self-revision*
17 Oct Sat	Revise	**Revise – Teacher Education and Professional Preparation** Teacher Education and Professional Preparation	*Self-revision*
18 Oct Sun	Revise + Test	**Minor Test 5 · 1 unit** Teacher Education and Professional Preparation	**m5 · Minor Test 5 · 1 unit** Teacher Education and Professional Preparation · 50 Q — Premium
19 Oct Mon	Revise	**Revise – Health Education, Nutrition and Recreation** Health Education, Nutrition and Recreation	*Self-revision*
20 Oct Tue	Revise	**Revise – Health Education, Nutrition and Recreation** Health Education, Nutrition and Recreation	*Self-revision*
21 Oct Wed	Revise + Test	**Minor Test 6 · 1 unit** Health Education, Nutrition and Recreation	**m6 · Minor Test 6 · 1 unit** Health Education, Nutrition and Recreation · 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 · 22 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
22 Oct Thu	Revise	**Revise – Sports Training, Coaching and Rules of Games** Sports Training, Coaching and Rules of Games	*Self-revision*
23 Oct Fri	Revise + Test	**Minor Test 7 · 1 unit** Sports Training, Coaching and Rules of Games	**m7 · Minor Test 7 · 1 unit** Sports Training, Coaching and Rules of Games · 50 Q Premium
24 Oct Sat	Revise	**Revise – Research Methods and Statistics** Research Methods and Statistics	*Self-revision*
25 Oct Sun	Revise + Test	**Minor Test 8 · 1 unit** Research Methods and Statistics	**m8 · Minor Test 8 · 1 unit** Research Methods and Statistics · 50 Q Premium
26 Oct Mon	Revise	**Revise – Test, Measurement and Evaluation** Test, Measurement and Evaluation	*Self-revision*
27 Oct Tue	Revise	**Revise – Test, Measurement and Evaluation** Test, Measurement and Evaluation	*Self-revision*
28 Oct Wed	Revise + Test	**Minor Test 9 · 1 unit** Test, Measurement and Evaluation	**m9 · Minor Test 9 · 1 unit** Test, Measurement and Evaluation · 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

W5 WEEK — Physical Education

"Revision is not repetition — it is reinforcement."

29 Oct – 4 Nov · 15 days to exam

BLOCK REVISION

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
29 Oct Thu	Revise	**Revise – Sports Management, Teaching Methods and Technology** Sports Management, Teaching Methods and Technology	*Self-revision*
30 Oct Fri	Revise + Test	**Minor Test 10 · 1 unit** Sports Management, Teaching Methods and Technology	**m10 · Minor Test 10 · 1 unit** Sports Management, Teaching Methods and Technology · 50 Q Premium
31 Oct Sat	Revise	**Revise – Foundations, Philosophy, Yoga and History of PE** Foundations, Philosophy, Yoga and History of PE	*Self-revision*
1 Nov Sun	Revise	**Revise – Exercise Physiology, Athletic Injuries and Doping + Kinesiology and Biomechanics** Exercise Physiology, Athletic Injuries and Doping · Kinesiology and Biomechanics	*Self-revision*
2 Nov Mon	Full Test	**FULL TEST 1 · 120 questions, 2 hours**	**F1 · Full Test 1 · 120 questions, 2 hours** Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, –1 wrong · 120 Q Premium
3 Nov Tue	Review	**Full Test 1 review – error log + weak-unit revision**	*Self-revision*
4 Nov 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

W6 WEEK — Physical Education

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

5 Nov – 11 Nov · 8 days to exam

FULL-LENGTH TESTS

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
36 5 Nov Thu	Revise	**Revise – Teacher Education and Professional Preparation + Health Education, Nutrition and Recreation** Teacher Education and Professional Preparation · Health Education, Nutrition and Recreation	*Self-revision*
37 6 Nov Fri	Full Test	**FULL TEST 2 · 120 questions, 2 hours**	**F2 · Full Test 2 · 120 questions, 2 hours** Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, –1 wrong · 120 Q Premium
38 7 Nov Sat	Review	**Full Test 2 review – error log + weak-unit revision**	*Self-revision*
39 8 Nov Sun	Revise	**Revise – Sports Training, Coaching and Rules of Games** Sports Training, Coaching and Rules of Games	*Self-revision*
40 9 Nov Mon	Full Test	**FULL TEST 3 · 120 questions, 2 hours**	**F3 · Full Test 3 · 120 questions, 2 hours** Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, –1 wrong · 120 Q Premium
41 10 Nov Tue	Review	**Full Test 3 review – error log + weak-unit revision**	*Self-revision*
42 11 Nov Wed	Revise	**Revise – Research Methods and Statistics + Test, Measurement and Evaluation** Research Methods and Statistics · 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

W7 WEEK — Physical Education

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

12 Nov – 18 Nov · 1 days to exam

FULL-LENGTH TESTS

DAY	FOCUS	WHAT TO REVISE	CREMENTO TESTS
43 · 12 Nov Thu	Full Test	**FULL TEST 4 · 120 questions, 2 hours**	**F4 · Full Test 4 · 120 questions, 2 hours** — Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, −1 wrong · 120 Q — Premium
44 · 13 Nov Fri	Review	**Full Test 4 review – error log + weak-unit revision**	*Self-revision*
45 · 14 Nov Sat	Revise	**Revise – Sports Management, Teaching Methods and Technology** Sports Management, Teaching Methods and Technology	*Self-revision*
46 · 15 Nov Sun	Full Test	**FULL TEST 5 · 120 questions, 2 hours**	**F5 · Full Test 5 · 120 questions, 2 hours** — Exam pattern - 30 general knowledge + 90 subject (full syllabus), +3 correct, −1 wrong · 120 Q — Premium
47 · 16 Nov Mon	Review	**Full Test 5 review – error log + weak-unit revision**	*Self-revision*
48 · 17 Nov Tue	Revise	**Rapid full-syllabus revision – high-yield topics**	*Self-revision*
49 · 18 Nov Wed	Taper	**Light revision + exam-day strategy (OMR, no whitener)**	*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