

## 2026 Revision timetable

This timetable allows you to get straight into effective revision. It provides short, focused daily tasks for the final five weeks before the exam, using proven strategies such as spaced repetition, interleaving and active recall.

The key to successful revision is getting information out of the brain, not pushing more information in. Just re-reading notes creates a false sense of confidence. These tasks are designed to help you retrieve, check and strengthen knowledge every day.

For each session:

- **Recall first** – write down, list in your head or tell someone else what you know about the topic.
- **Pause and think** – give yourself time to remember a little more.
- **Check** – use the Revision Guide to see what you got right and what you missed.
- **Fill the gaps** – write down things you have missed or misunderstood.
- **Cover and repeat** – hide your notes and recall the topic again.
- **Check again** – did you remember more this time?
- **Repeat** steps 5 and 6 again to strengthen your memory.

This revision timetable makes links to pages in our *Cambridge Level 3 Advanced National in Health & Social Care Revision Guide*.

You can find out more details about the revision guide here:

[www.eboru.com/OCR-HSC-RG](http://www.eboru.com/OCR-HSC-RG)



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## Week 1

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 13 <sup>th</sup> April 2026	Equality and diversity	List reasons why support might be needed for children and older adults.  List five ways in which health and social care services can support people of different ages.	Page 7 – Age
Tuesday 14 <sup>th</sup> April 2026	Equality and diversity	Explain what a disability is.  How do environments or services disable people?  In general, how do services support people with disabilities?  Identify specific ways in which health and social care services support people with disabilities.	Page 8 – Disabilities
Wednesday 15 <sup>th</sup> April	Equality and diversity	What does ethnicity mean?  How does ethnicity relate to culture and religion?  How might ethnicity be relevant to health services?  List specific ways health and social care services can support people from different ethnicities.	Page 9 – Ethnicity
Thursday 16 <sup>th</sup> April	Equality and diversity  Health and safety	List different types of family structure.  How are people with different family structures supported by health and social care services?  Name some different food requirements related to beliefs.  Explain why different diets are needed for health.  Explain how different diets are supported in health and social care services.  Explain why long working hours and not enough breaks risk health and safety. Who is most at risk?  Explain why lack of supervision can risk health and safety and who is most at risk from this.	Page 9 – Family structure  Page 10 – Food and special dietary requirements  Page 25 – Poor working practices

Date	Topic area	Specific recall task	Look up answers in revision guide
Friday 17 <sup>th</sup> April	Equality and diversity Health and safety	<p>What is gender? What is gender reassignment?</p> <p>How are people of different genders supported by health and social care services?</p> <p>Why must support be provided in different languages?</p> <p>How can health and social care services support people with different languages?</p> <p>Explain how moving and handling can lead to harm. Who is most at risk?</p> <p>Identify different types of equipment used in health and social care services that can cause harm. Who is most at risk?</p> <p>Identify two aspects of security which may put service users at risk. For each, give examples and explain who is most at risk.</p>	<p>Page 10 – Gender/ gender reassignment</p> <p>Page 10 – Language</p> <p>Page 24 – Working conditions</p> <p>Page 25 - Lack of security systems</p>
Saturday 18 <sup>th</sup> April 2026	Equality and diversity	<p>How can music be used as part of the support for health and social care service users?</p> <p>What is race?</p> <p>How can people of different race be supported in health and social care services?</p> <p>What is sexuality and sexual orientation?</p> <p>Name four different types of sexual orientation?</p> <p>How can people be supported in health and social care services regardless of their sexual orientation?</p> <p>What factors about a person's life can their religion or beliefs affect?</p> <p>Name the 6 most common religions and what it is called when people don't believe in a God.</p> <p>How are beliefs taken into account by health and social care services?</p> <p>Complete 5 recap questions from page 20</p>	<p>Page 11 – Music</p> <p>Page 11 – Race</p> <p>Page 11 – sexual orientation</p> <p>Page 12 – Religion or belief</p>
Sunday 19 <sup>th</sup> April 2026		<p>Complete the revision quiz on page 20</p> <p>Review any of the topics covered this week that you found difficult.</p>	

## Week 2

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 20th April 2026	Equality and diversity Rights	Define equality Explain why promoting equality is important What happens if equality is not promoted? List at least 5 ways in which equality is promoted by health and social care services. Outline the 5 rights protected by law and codes of practice.	Page 13 – Equality Page 13 - Rights
Tuesday 21st April 2026	Rights Health and safety	List at least 5 ways in which rights are protected in health and social care services List seven possible impacts of hazards in health and social care Give at least two examples from each of the seven categories	Page 14 Page 26
Wednesday 22 <sup>nd</sup> April 2026	Discrimination	Explain the following terms@ <ul style="list-style-type: none"> <li>• Prejudice</li> <li>• Direct discrimination</li> <li>• Indirect discrimination</li> <li>• Intentional discrimination</li> <li>• Unintentional discrimination</li> </ul> Give an example of each Identify seven bases of discrimination (what people may discriminate against) Identify 5 types of abuse and identify the other 5 ways people may discriminate against other people.	Page 14 – Discrimination in health and social care Page 15 Page 15/16
Thursday 23 <sup>rd</sup> April 2026	Impacts of discrimination	Outline the 5 main categories of impacts of discrimination on people being discriminated against. Give an example of each. Outline at least 5 specific impacts of discrimination on people.	Page 16 – Impacts of discrimination Page 17/18 – table of impacts of discrimination
Friday 24 <sup>th</sup> April 2026	Risk assessments	Outline the stages of a risk assessment Outline five control measures aimed at mitigating the risk caused by hazards in health and social care settings. Complete at least 8 recap questions about equality and diversity	Page 27 – risk assessment Page 27 Page 20 – recap questions
Saturday 25 <sup>th</sup> April 2026	Minimising risk	Summarise at least 5 of the 7 methods of minimising risk in health and social care settings. Give an example of each Explain why it reduces risk	Pages 27-28 – table on methods of minimising risk
Sunday 26 <sup>th</sup> April 2026	Equality and diversity	Carry out practice exam questions on equality and diversity. Aim for both short answer and longer questions.	Page 21 – Assessment practice.

## Week 3

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 27 <sup>th</sup> April 2026	Health and safety	For the following, list what actions to take and what the reporting arrangements are for these potential incidents in a health and social care setting: <ul style="list-style-type: none"> <li>• Accidents</li> <li>• Fire emergencies</li> <li>• Flood emergencies</li> <li>• Chemical or gas leaks</li> <li>• Outbreaks of diseases</li> <li>• Missing persons</li> </ul>	Pages 29-30
Tuesday 28 <sup>th</sup> April 2026	The Equality Act Health and Care Act Discrimination	Identify the key purpose of the act. List the 9 protected characteristics What is it illegal to do under the Act? Who is the Act aimed at? What do these organisations need to do in order to not discriminate against any of the 9 protected characteristics? Identify four key purposes of the Act. What are Integrated Care Systems (ICS) and Integrated Care Partnerships (ICPs) Explain the advertising restrictions on less healthy foods Explain the use of integrated care records (ICRs) Explain data sharing requirements What does the Act allow in relation to social needs assessments? What does the Act say about virginity testing? Outline six types of discriminatory behaviour	Page 34 – Equality Act Page 35 – The Health and Care Act Page 15/16
Wednesday 29 <sup>th</sup> April 2026	The Children Act Health and safety	What is the key purpose of the Children Act? What are two ways it protects children from harm? What is the paramouncy principle? Outline the right to be consulted? Outline the right to an advocate (include what an advocate is) What is the requirement under the Act for different health and social care services working together? Complete at least 5 recap questions	Page 36 – The Children Act Page 32 – recap questions

Date	Topic area	Specific recall task	Look up answers in revision guide
Thursday 30th April 2026	Data Protection Act (GDPR) Health and safety	<p>What is the key purpose of the Data Protection Act?</p> <p>List the 7 provisions of the Act.</p> <p>Identify at least 3 benefits of the Act on service users.</p> <p>Revision quiz – complete at least 5 questions about health and safety</p>	<p>Page 37 – Data Protection Act</p> <p>Page 32 – Revision quiz</p>
Friday 1st May 2026	Health and Safety at Work Act Rights	<p>What is the key purpose of the Health and Safety at Work Act?</p> <p>Identify at least 4 responsibilities of employers</p> <p>Identify at least 3 responsibilities of employees</p> <p>How does the Act benefit service users?</p> <p>Outline the 5 rights protected by law and written into codes of practice that users of health and social care services are entitled to.</p>	<p>Page 38 – Health and Safety at Work Act</p> <p>Page 13 - Rights</p>
Saturday 2nd May 2026	Manual Handling Operations Regulations COSHH	<p>What is the key purpose of the Act?</p> <p>Outline 4 main provisions of the Act.</p> <p>Identify at least 2 benefits of the Act to users of health and social care services.</p> <p>List at least 5 hazards that the Act aims to protect people against.</p> <p>What must organisations carry out to minimise potential harm to its service users and workers?</p> <p>What does the Act require in terms of exposure to hazardous substances?</p> <p>What does the Act require in terms of storing labelling, and disposing of hazardous substances?</p> <p>What is the requirement regarding staff training?</p> <p>What is kept in a COSHH file?</p> <p>How often should risk assessments be reviewed?</p>	<p>Page 39 – Manual Handling Operations Regulations</p> <p>Page 40 – Control of Substances Hazardous to Health</p>
Sunday 3rd May 2026	Legislation	<p>Revisit at least 2 of the pieces of legislation covered this week that you feel least confident about:</p> <ul style="list-style-type: none"> <li>• Equality Act</li> <li>• Health and Care Act</li> <li>• Children Act</li> <li>• Data Protection Act</li> <li>• Health and Safety at Work Act</li> <li>• Manual Handling Operations Regulations</li> <li>• COSHH</li> </ul> <p>Complete at least 5 exam practice questions on legislation.</p>	<p>Page 34</p> <p>Page 35</p> <p>Page 36</p> <p>Page 37</p> <p>Page 38</p> <p>Page 39</p> <p>Page 40</p> <p>Page 43 - Assessment practice</p>

## Week 4

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 4 <sup>th</sup> May 2026	RIDDOR Legislation revision	<p>What does RIDDOR stand for?</p> <p>What is the key purpose of the Act?</p> <p>List the records organisations are required to keep under the Act.</p> <p>What information is included in an accident book report?</p> <p>To whom must outbreaks of listed diseases be reported?</p> <p>Identify at least 3 examples of reportable diseases under the Act.</p> <p>Identify at least 3 benefits of the Act to service users</p> <p>Complete at least 8 questions about legislation</p>	<p>Page 41 – RIDDOR</p> <p>Page 43 – Revision quiz</p>
Tuesday 5 <sup>th</sup> May 2026	Person-centred values Equality and diversity	<p>What is person-centred care?</p> <p>Identify 9 values that form person-centred values.</p> <p>Give at least one example of how to promote each of them.</p> <p>Outline at least 4 different groups that can be supported in health and social care settings.</p>	<p>Pages 45/46 – Person-centred values</p> <p>Pages 7-12 – Equality, diversity and rights</p>
Wednesday 6 <sup>th</sup> May 2026	Best practice Impacts of discrimination	<p>Outline all of the 6Cs.</p> <p>Outline the 5 areas of impact of discrimination.</p> <p>Outline 6 of 10 specific impacts of discrimination.</p>	<p>Pages 46/47 – The 6Cs</p> <p>Page 16</p> <p>Pages 17/18</p>
Thursday 7 <sup>th</sup> May 2026	Safeguarding policies Impacts of lack of safeguarding	<p>What is the purpose of a safeguarding policy?</p> <p>Identify 4 aims of the safeguarding policy.</p> <p>What is the role of the designated safeguarding lead?</p> <p>What is the requirement regarding training on safeguarding?</p> <p>What is the requirement regarding checks on people who work and have direct contact with service users?</p> <p>Outline why six specific groups of people may need safeguarding.</p> <p>Outline the four main areas of impact of lack of safeguarding.</p>	<p>Pages 47/48 – safeguarding policies</p> <p>Page 49 – impacts of lack of safeguarding</p>

Date	Topic area	Specific recall task	Look up answers in revision guide
Friday 8 <sup>th</sup> May 2026	Types of abuse Dealing with disclosures Equality Rights	Define 5 types of abuse and give one example of each. Outline how health and social care workers should deal with disclosures of abuse Explain the importance of promoting equality in health and social care settings. Identify at least 5 ways health and social care settings promote equality. Outline the 5 rights protected by law. Outline at least 5 ways rights are promoted in health and social care settings.	Page 49 – Types of abuse Page 49 – disclosures Page 13 – Equality Page 13 – Rights Page 14
Saturday 9 <sup>th</sup> May 2026	Requirements of people who work in health and social care Revision of legislation	Identify at least 10 requirements of health and social care workers in relation to safeguarding. List in order the 6 stages of dealing with a safeguarding concern. List what should be in the written record of the safeguarding concern. Complete at least 10 exam practice questions	Page 50 – safeguarding Page 50 – safeguarding procedure Pages 43/44 – Assessment practice
Sunday 10 <sup>th</sup> May 2026	Best practice Revision of best practice in health and social care settings	What is best practice? What are the benefits to service users? Outline the following aspects of best practice: <ul style="list-style-type: none"> <li>• Effective communication</li> <li>• Training and professional development</li> <li>• Mentoring, monitoring and performance management</li> <li>• Staff meetings</li> </ul> Complete some recap questions on best practice – as many as you can	Pages 51/52 – Best practice Page 52 – Recap questions

## Week 5

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday May 11 <sup>th</sup> 2026	Equality and diversity Health and safety Legislation	Outline at least 5 different groups of people that are supported by health and social care services including why support might be needed and how settings can support these individuals Define both diversity and equality Outline at least one hazard from each category including who is at risk and some specific examples: <ul style="list-style-type: none"> <li>• Biological hazards</li> <li>• Chemical hazards</li> <li>• Environmental hazards</li> <li>• Working conditions</li> <li>• Physical hazards</li> <li>• Poor working practices</li> <li>• Lack of security</li> </ul> Summarise the following pieces of legislation: <ul style="list-style-type: none"> <li>• The Equality Act</li> <li>• The Health and Care Act</li> <li>• The Children Act</li> </ul>	Pages 7-13 Diversity Page 7, Page 13 Pages 23-25 Pages 34-36
Tuesday 12 <sup>th</sup> May 2026	Person-centred values Rights	Outline what person-centred values are Identify 9 person-centred values Outline 5 of them List all 5 rights protected by law and give an example of each Outline 5 ways rights are promoted in health and social care settings	Page 45 Pages 45/46 Page 13 Page 14
Wednesday 13 <sup>th</sup> May 2026	Revision	Complete recap and revision questions from the following topics: Equality, diversity and rights Health and safety Legislation	Page 20 Page 32 Pages 42/43
Thursday 14 <sup>th</sup> May 2026	Legislation	Summarise the following pieces of legislation: <ul style="list-style-type: none"> <li>• Data Protection Act</li> <li>• Health and Safety at Work Act</li> <li>• Manual Handling Operations Regulations</li> <li>• COSHH</li> <li>• RIDDOR</li> </ul>	Pages 37-41

Date	Topic area	Specific recall task	Look up answers in revision guide
Friday 15 <sup>th</sup> May 2026	Incidents in health and social care Revision of best practice	Give some general methods used to deal with health and safety incidents in health and social care settings  Outline how to deal with the following incidents: <ul style="list-style-type: none"> <li>• Accidents</li> <li>• Fire emergency</li> <li>• Flood emergency</li> <li>• Chemical or gas leak</li> <li>• Outbreak of diseases</li> <li>• Missing persons</li> </ul> Complete exam practice questions about best practice	Page 29 Pages 29-30 Page 53
Saturday 16 <sup>th</sup> May 2026	Supporting best practice Revision of best practice	Outline the following ways to support best practice in health and social care services: <ul style="list-style-type: none"> <li>• Effective communication</li> <li>• Training and staff development</li> <li>• Mentoring, monitoring and performance management</li> <li>• Staff meetings</li> </ul> Complete recap questions on best practice	Pages 51/52 Page 52
Sunday 17 <sup>th</sup> May 2025	General revision	Review the topic area you feel is your weakest	





Date	Topic area	Specific recall task	Look up answers in revision guide
Wednesday 15 <sup>th</sup> April	Cardiovascular system	<p>Write down whether blood is oxygenated or deoxygenated in each of the following chambers and blood vessels:</p> <ul style="list-style-type: none"> <li>• Aorta</li> <li>• Pulmonary vein</li> <li>• Vena cava</li> <li>• Pulmonary artery</li> <li>• Right atrium</li> <li>• Left atrium</li> <li>• Right ventricle</li> <li>• Left ventricle</li> </ul> <p>State the order in which blood travels through the blood vessels and chambers above. Start from the blood returning to the heart from the body.</p> <p>Answer the following questions:</p>	Page 57
	Blood pressure Mechanics of breathing	<ul style="list-style-type: none"> <li>• What is blood pressure?</li> <li>• What happens to the heart during the systolic and diastolic phases?</li> <li>• What is ideal blood pressure (in numbers)?</li> <li>• What is low blood pressure?</li> <li>• What is high blood pressure?</li> <li>• Which two muscles contract during inspiration?</li> <li>• What happens to the volume of the chest cavity when breathing in, and why?</li> <li>• What impact does the volume of the chest cavity have on the pressure inside the lungs during breathing in?</li> <li>• What do the external intercostal muscles and diaphragm do during exhalation?</li> <li>• What does this do to the chest cavity volume?</li> <li>• What does this change in volume do to the pressure inside the lungs?</li> <li>• Which muscles become involved when breathing out forcefully?</li> </ul>	Page 58 Page 70



Date	Topic area	Specific recall task	Look up answers in revision guide
Saturday 18 <sup>th</sup> April 2026	Respiratory system	<p>What method do gases use to move into and out of the alveoli during gas exchange?</p> <p>Which gas travels from the blood into the alveoli and why does it move in this direction?</p> <p>Which gas travels from the alveoli into the blood and why does it travel in this direction?</p> <p>What is haemoglobin, where is it found and what is its function in relation to gas exchange?</p> <p>Give two adaptations of the alveoli which allow gas exchange.</p> <p>What is the purpose of aerobic respiration?</p> <p>What is the word formula for aerobic respiration?</p> <p>What is anaerobic respiration?</p> <p>What is the word formula for anaerobic respiration?</p> <p>What is the name of the molecule which is generated by cellular respiration and is used as a temporary energy store?</p>	Page 71

Date	Topic area	Specific recall task	Look up answers in revision guide
Sunday 19 <sup>th</sup> April 2026	Digestive system	<p>In which part of the digestive system does absorption of nutrients take place?</p> <p>Give four adaptations of this part of the digestive system which helps absorption.</p> <p>State where each of the following nutrients are absorbed into:</p> <p>Glucose</p> <p>Amino acids</p> <p>Fatty acids and glycerol</p> <p>What is assimilation?</p> <p>State what each of the following are used for in the body:</p> <p>Glucose</p> <p>Amino acids</p> <p>Fat</p> <p>Vitamins</p> <p>Minerals</p> <p>Explain the relationship of hydrostatic pressure to the formation of tissue fluid and its reabsorption back into the capillaries.</p> <p>Explain what you know about angina. Include:</p> <p>Causes</p> <p>Symptoms</p> <p>Diagnosis and monitoring</p> <p>Treatments including benefits and limitations (angioplasty, coronary bypass, nitrolingual pump, anticoagulants)</p> <p>Factors making angina more likely</p> <p>Control and prevention measures</p> <p>Impact on the individual</p>	<p>Page 80</p> <p>Page 81</p> <p>Pages 60-63</p>

## Week 2

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 20th April 2026	Cardiovascular system	<p>Describe what you know about platelets including percentage of blood and function.</p> <p>Describe what you know about blood plasma including percentage of blood and function.</p> <p>Label a diagram of the heart and include direction of flow and whether blood is oxygenated or deoxygenated. Include the blood vessels:</p> <ul style="list-style-type: none"> <li>• vena cava</li> <li>• aorta</li> <li>• pulmonary artery</li> <li>• pulmonary vein.</li> </ul> <p>And include the chambers:</p> <ul style="list-style-type: none"> <li>• left and right atria</li> <li>• left and right ventricles.</li> </ul> <p>Identify where each of the following valves are and what their functions are:</p> <ul style="list-style-type: none"> <li>• Bicuspid valve</li> <li>• Tricuspid valve</li> <li>• Semi-lunar aortic valve</li> <li>• Semi-lunar pulmonary valve.</li> </ul>	Page 55 Page 56/57
	Digestive system	<p>Label a diagram of the digestive system and state the functions of the parts of the alimentary canal:</p> <ul style="list-style-type: none"> <li>• mouth (buccal cavity)</li> <li>• oesophagus</li> <li>• stomach</li> <li>• small intestine</li> <li>• large intestine</li> <li>• rectum</li> <li>• anus.</li> </ul> <p>State the function of additional structures –</p> <ul style="list-style-type: none"> <li>• salivary glands,</li> <li>• liver</li> <li>• gall bladder</li> <li>• bile ducts</li> <li>• pancreas.</li> </ul>	Page 79

Date	Topic area	Specific recall task	Look up answers in revision guide
Tuesday 21st April 2026	Cardiovascular system	Describe what you know about white blood cells, including percentage of blood and function.	Page 55
	Respiratory system	Describe what you know about red blood cells including percentage of blood and function. Label a diagram of the respiratory system and state the function of the components: <ul style="list-style-type: none"> <li>• epiglottis</li> <li>• larynx</li> <li>• trachea</li> <li>• bronchi</li> <li>• bronchioles</li> <li>• alveoli</li> <li>• external intercostal muscles</li> <li>• internal intercostal muscles</li> <li>• pleural membrane</li> <li>• pleural fluid.</li> </ul>	Page 69
Wednesday 22nd April	Cardiovascular system	State the order that blood flows through the chambers and blood vessels of the heart and which valves they pass through. At each stage state whether the blood is oxygenated or deoxygenated.	Page 57 Page 58
	Respiratory system	State what you know about blood pressure including what it is, what are the systolic and diastolic phases of the heartbeat and what are the values for normal blood pressure, high blood pressure and low blood pressure. Include the units blood pressure is measured in. Explain the muscles involved in inspiration, how that affects lung volume and pressure and why this leads to an in-breath. Explain the muscles and processes involved in expiration, how that affects lung volume and pressure and why this leads to an out-breath.	Page 70
Thursday 23rd April 2026	Cardiovascular system	Explain the roles of the sinoatrial node, the atrioventricular node, the bundle of His and the Purkinje fibres in controlling a heartbeat. Explain what the different parts of the PQRST waves on an ECG trace represent.	Page 58 Page 59
	Digestive system	Explain what is happening to heartbeat in the following – tachycardia, bradycardia, atrial fibrillation and ventricular fibrillation. Explain the processes, locations and function of mechanical digestion.	Page 79-80



## Week 3

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 27th April 2026	Composition of blood	What do you know about the composition of blood including types of cells and other components, percentage of the blood made up of each and functions and adaptations of each.	Page 55
	Respiratory system	Explain the functions of each component of the respiratory system. Include airways, muscles and other structures.	Page 69-70
	Musculoskeletal system	Label a diagram of the skeletal system or state the location and function of the following bones:  Axial skeleton: <ul style="list-style-type: none"> <li>• cranium</li> <li>• sternum</li> <li>• vertebral column</li> <li>• ribs</li> </ul> Appendicular skeleton: <ul style="list-style-type: none"> <li>• clavicle</li> <li>• scapula</li> <li>• humerus</li> <li>• radius</li> <li>• ulna</li> <li>• pelvis</li> <li>• femur</li> <li>• tibia</li> <li>• fibula</li> <li>• patella.</li> </ul>	Page 89
	Structure of the heart	Explain the functions of the different components of the heart including blood vessels, chambers and valves.	Pages 56-57
	Digestive system	Explain the functions of the components of the digestive system including alimentary canal (that the food passes through) and accessory organs that support the functions of the digestive system.	Page 79
	Control and regulatory system	Explain the components of the nervous system including the central nervous system and peripheral nervous system.  Explain which two components make up the autonomic nervous system and what each branch does.  Describe two types of neurones.	Page 101

Date	Topic area	Specific recall task	Look up answers in revision guide
Wednesday 29th April 2026	Cardiovascular system	List, in order, the chambers, valves and blood vessels that blood travels through on its way around the heart.	Page 57
	Blood pressure	Explain blood pressure including what it is and typical measurements.	Page 58
	Respiratory system	Explain the processes of inspiration and expiration including muscle contraction, lung volume and lung pressure.	Page 70
	Musculoskeletal system	Explain the structure of bone including location, structure and function of: <ul style="list-style-type: none"> <li>• growth plates</li> <li>• compact bone</li> <li>• bone marrow</li> <li>• cartilage</li> </ul>	Page 90
Thursday 30th April 2026	Cardiovascular system	Explain how components within the heart control heartbeat.	Page 58
	ECG traces	Explain the meanings of the waves in an ECG trace and describe four abnormal ECG traces.	Page 59
	Digestive system	Explain what mechanical digestion of food is.	Page 79-80
	Control and regulatory system	Explain the locations and functions of the following structures within the brain: <ul style="list-style-type: none"> <li>• cerebral cortex</li> <li>• hypothalamus</li> <li>• pituitary gland</li> <li>• cerebellum</li> <li>• brain stem</li> <li>• meninges</li> </ul>	Page 102
Friday 1st May 2026	Cardiovascular system	Explain what you know about arteries, capillaries and veins including function, structure and adaptations to help them do their job.	Page 59-60
	Musculoskeletal system	Explain the roles of osteoclasts and osteoblasts in the formation of bone.	Page 90
	Cardiovascular system	Explain what you know about deep vein thrombosis including: <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	Page 63-65

Date	Topic area	Specific recall task	Look up answers in revision guide
<p>Saturday 2nd May 2026</p>	<p>Respiratory system Digestive system Control and regulatory system</p>	<p>Explain the process of gas exchange. Explain the process of cellular respiration Describe all you know about chemical digestion including locations, enzymes, substrates (what each enzyme works on) and products (what the substrate is broken down into) Explain the structure of a neurone including:</p> <ul style="list-style-type: none"> <li>• soma</li> <li>• nucleus</li> <li>• dendrite</li> <li>• axon</li> <li>• Schwann cell</li> <li>• node of Ranvier</li> <li>• myelin sheath</li> <li>• synaptic knob</li> </ul>	<p>Page 71 Page 71 Page 79-80 Page 102</p>
<p>Sunday 3rd May 2026</p>	<p>Absorption Assimilation Conditions of the cardiovascular system</p>	<p>Explain how nutrients are absorbed from the digestive tract and the adaptations to the small intestines for this to happen. Explain how nutrients are assimilated into the body including formation of tissue fluid and uses of each type of nutrient in the body. Explain what you know about angina including:</p> <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	<p>Page 80-81 Page 81 Pages 60-65</p>

## Week 4

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 4th May 2026	Cardiovascular system Respiratory system Musculoskeletal system Reproductive system	Explain the functions of the different components of blood. Explain the structure and function of the respiratory system. Explain the structure and function of the skeletal system. Label a diagram of the female reproductive system and/or explain the functions of the following: <ul style="list-style-type: none"> <li>• uterus</li> <li>• ovaries</li> <li>• fallopian tubes</li> <li>• cervix</li> <li>• vagina.</li> </ul>	Page 55 Page 69-70 Page 89 Page 114
Tuesday 5th May 2026	Cardiovascular system Digestive system Control and regulatory system Reproductive system	Explain the structure and function of the heart, including its components. Explain the functions of the digestive system and the functions of all the components of the digestive system. Explain the structure of the nervous system including the function of the autonomic nervous system. Explain the functions of the following hormones: <ul style="list-style-type: none"> <li>• follicle stimulating hormone</li> <li>• oestrogen</li> <li>• luteinising hormone</li> <li>• progesterone.</li> </ul> Explain what happens in relation to hormones, ovaries and ova, and endometrium during each stage of the menstrual cycle. Also state which days of the cycle each stage occurs on: <ul style="list-style-type: none"> <li>• menstruation</li> <li>• follicular phase</li> <li>• ovulation</li> <li>• luteal phase.</li> </ul>	Page 56-57 Page 79 Page 101 Pages 114-115

Date	Topic area	Specific recall task	Look up answers in revision guide
<p>Wednesday 6th May 2026</p>	<p>Cardiovascular system Respiratory system Musculoskeletal system Reproductive system Disorders of the respiratory system</p>	<p>Describe how blood flows through the heart. Describe what blood pressure is. Describe the mechanics of breathing. Describe the structure of bone. Explain what the menopause is, what age it usually happens at, what happens in the period leading up to menopause and list some symptoms of this period. Explain what you know about bacterial pneumonia including:</p> <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	<p>Page 57 Page 58 Page 70 Page 90 Pages 115-116 Pages 74-75</p>
<p>Thursday 7th May 2026</p>	<p>Cardiovascular system Digestive system Control and regulatory system Reproductive system Digestive system</p>	<p>Describe how the electrical activity of the heart stimulates a heartbeat. Describe the main features of an ECG trace. Explain the process of mechanical digestion. Describe the structure of the brain. Explain the function of the male reproductive system and the functions of the components:</p> <ul style="list-style-type: none"> <li>• penis</li> <li>• urethra</li> <li>• testes</li> <li>• scrotum</li> <li>• epididymis</li> <li>• vas deferens</li> <li>• prostate gland.</li> </ul> <p>Explain what you know about gallstones including:</p> <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	<p>Page 58 Page 59 Pages 79-80 Page 102 Page 116 Pages 84 - 85</p>

Date	Topic area	Specific recall task	Look up answers in revision guide
Friday 8th May 2026	Cardiovascular system Musculoskeletal system Control and regulatory system Disorders of the respiratory system	Explain what you know about the structure and function of arteries, capillaries and veins. Explain the role of two different cells in the formation of bone. Explain the structure of neurones, including the role of each component. Explain what you know about asthma and bacterial deep vein thrombosis including: <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual</li> </ul>	Page 59-60 Page 90 Page 102 Pages 72-75
Saturday 8th May 2026	Gas exchange Digestive system Disorders of the musculoskeletal system	Describe the process of gas exchange. Describe cellular respiration. Describe the process of chemical digestion. Explain what you know about carpal tunnel syndrome including: <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	Page 71 Page 71 Pages 79-80 Pages 92-94

Date	Topic area	Specific recall task	Look up answers in revision guide
<p>Sunday 10th May 2026</p>	<p>Digestive system Disorders of the musculoskeletal system Disorders of the respiratory system</p>	<p>Explain the terms absorption and assimilation</p> <p>Explain what you know about osteoarthritis including:</p> <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul> <p>Explain what you know about asthma including:</p> <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	<p>Pages 80-81 Pages 95-97</p>

## Week 5

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 11th May 2026	Cardiovascular system Respiratory system  Musculoskeletal system	Describe the structure of blood. Describe the structure of the respiratory system. Describe the structure of the skeletal system. Explain the locations and functions of the following muscles: <ul style="list-style-type: none"> <li>• deltoids</li> <li>• pectorals</li> <li>• biceps</li> <li>• triceps</li> <li>• abdominal muscles</li> <li>• quadriceps</li> <li>• hamstrings</li> <li>• gastrocnemius.</li> </ul>	Page 55 Page 69-70 Page 89  Page 92
Tuesday 12th May 2026	Cardiovascular system Digestive system Control and regulatory system	Describe the structure of the heart. Describe how blood flows through the heart. Describe the structure of the digestive system. Describe the structure of the nervous system. Explain what you know about ischaemic strokes including: <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	Page 56-57 Page 57 Page 79 Page 101 Pages 105-107
Wednesday 13th May 2026	Cardiovascular system Respiratory system Reproductive system	Explain what blood pressure is. Describe the electrical activity of the heart. Describe the main features of an ECG trace. Explain what is involved in the mechanics of breathing. Explain the location and functions of the components of the female reproductive system: <ul style="list-style-type: none"> <li>• Ovaries</li> <li>• fallopian tubes</li> <li>• uterus</li> <li>• cervix</li> <li>• vagina.</li> </ul>	Page 58 Page 58 Page 59 Page 70 Page 114

Date	Topic area	Specific recall task	Look up answers in revision guide
Thursday 14th May 2026	Cardiovascular system Digestive system Musculoskeletal system Reproductive system	Describe the structure and function of: arteries, capillaries and veins. Describe the processes involved in mechanical digestion. Describe the structure of bone. Describe what happens during the menstrual cycle.	Page 59-60 Page 79-80 Page 90 Page 114-115
Friday 15th May 2026	Respiratory system Digestive system Control and regulatory system	Describe what happens during gas exchange and cellular respiration. Describe the main feature of chemical digestion, absorption and assimilation. Describe the structure of bone. Explain what you know about type 2 diabetes including: <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures Impact on the individual.</li> </ul>	Page 71 Page 79-81 Page 102 Page 108-110
Saturday 16th May 2026	Musculoskeletal system Reproductive system Cardiovascular system	Describe the formation of bone. Describe the structure of synovial joints. Describe the six types of joints and an example of where they are found in the body. Describe everything you know about menopause, including what it is, when it is most likely to happen, what happens in the period before menopause and symptoms of this period. Describe the main structures of the male reproductive system. Complete the recap question on page 66 of the revision guide, on the cardiovascular system.	Page 90 Page 91 Page 91 Page 115-119 Page 116 Page 66
Sunday 17th May 2026	Disorders Respiratory system	What do you know about the following disorders (causes, symptoms, diagnosis, treatments, factors making it more likely, prevention and impact): <ul style="list-style-type: none"> <li>• angina</li> <li>• asthma</li> <li>• bowel polyps</li> <li>• gallstones</li> <li>• deep vein thrombosis</li> <li>• bacterial pneumonia</li> </ul> Complete the recap questions in the revision guide on the respiratory system	Page 60-63 Page 72-73 Page 82-83 Page 84-85 Page 63-65 Page 74-75 Page 77

## Week 6

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday May 18th 2026	Cardiovascular system Musculoskeletal system Control and regulatory system Reproductive system Assessment practice	Full recall of cardiovascular system (blood cells, heart structure, blood flow, blood pressure, electrical activity, ECGs and blood vessels). Full recall of skeletal system structure. Full recall of structure of bone. Full recall of structure of the nervous system. Full recall of structure and functions of the female reproductive systems. Assessment Practice exam-style questions on the cardiovascular system.	Pages 55-60 Page 89 Page 90 Page 101 Page 114 Pages 67-68
Tuesday 19th May 2026	Respiratory system Musculoskeletal system Control and regulatory system Reproductive system	Full recall of respiratory system (structure, breathing, gas exchange, cellular respiration). Full recall of formation of bone. Full recall of synovial joints. Full recall of structure of the brain. Menstrual cycle.	Pages 69-71 Page 90 Page 91 Page 102 Pages 114-115
Wednesday 20th May 2026	Digestive system Musculoskeletal system Control and regulatory system Reproductive system	Full recall of digestive system (structure, digestion, absorption and assimilation). Full recall of types of joints. Full recall of muscular system structure. Full recall of neurone structure and function. Full recall of nerve action. Full recall of menopause.	Pages 79-81 Page 91 Page 92 Page 102 Page 103 Page 115-116
Thursday 21st May 2026	Control and regulatory system Reproductive system Assessment practice Several systems	Full recall of synapses. Homeostasis overview. Full recall of male reproductive system. Respiratory assessment practice. Write down all you know about the cardiovascular, respiratory and digestive systems	Page 103 Page 103 Page 116 Page 78

Date	Topic area	Specific recall task	Look up answers in revision guide
Friday 22nd May 2026	Musculoskeletal system Control and regulatory system Reproductive system	<p>Full recall of carpal tunnel syndrome.</p> <p>Full recall of osteoarthritis.</p> <p>Full recall of glucose regulation.</p> <p>Full recall of water regulation.</p> <p>Explain what you know about endometriosis including:</p> <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> <li>• impact on the individual.</li> </ul>	<p>Page 92-94</p> <p>Page 95-96</p> <p>Page 104</p> <p>Page 104</p> <p>Page 117-119</p>
Saturday 23rd May 2026	Control and regulatory systems Reproductive system Digestive system Musculoskeletal system	<p>Full recall of the temperature regulation process.</p> <p>Explain what you know about testicular cancer including:</p> <ul style="list-style-type: none"> <li>• causes</li> <li>• symptoms</li> <li>• diagnosis and monitoring</li> <li>• treatments including benefits and limitations</li> <li>• factors making it more likely</li> <li>• control and prevention measures</li> </ul> <p>Impact on the individual.</p> <p>Complete the exam style questions on the digestive system.</p> <p>Full recall of the whole musculoskeletal system.</p>	<p>Page 105</p> <p>Pages 120-121</p> <p>Pages 87-88</p> <p>Pages 89-92</p>
Sunday 24th May 2026	Disorders Musculoskeletal system	<p>Angina – full recall</p> <p>DVT – full recall</p> <p>Asthma – full recall</p> <p>Pneumonia – full recall</p> <p>Bowel polyps – full recall</p> <p>Gallstones – full recall</p> <p>Recap questions on the musculoskeletal system.</p>	<p>Pages 60-63</p> <p>Pages 63-65</p> <p>Pages 72-73</p> <p>Pages 75-75</p> <p>Pages 82-83</p> <p>Pages 84-85</p> <p>Page 98</p>

## Week 7

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 25th May 2026	Musculoskeletal system Control and regulatory system Reproductive system Assessment practice	Full recall (skeletal system structure, bone structure, bone formation, synovial joints, joint types, muscular system). Full recall (nervous system structure, brain structure, neurones, nerve action, synapses). Full recall of female reproductive system structure. Full recall of menstrual cycle. Musculoskeletal system assessment practice	Page 89-92 Pages 101-103 Page 114 Pages 114-115 Page 100
Tuesday 26th May 2026	Reproductive system Control and regulatory system Whole systems	Full recall of menopause. Full recall of male reproductive system. Homeostasis overview. Glucose regulation overview. Water regulation overview. Temperature regulation overview. Full recall of cardiovascular system. Full recall of respiratory system. Full recall of digestive system.	Pages 115-116 Page 116 Page 130 Page 104 Page 104 Page 105 Page 55-60 Page 69-71 Page 79-81
Wednesday 27th May 2026	Reproductive system Muscular skeletal system Assessment practice	Full recall of endometriosis. Full recall of testicular cancer. Full recall of carpal tunnel syndrome. Full recall of osteoarthritis. Control and regulatory system assessment practice	Pages 117-119 Pages 120-121 Pages 92-94 Pages 95-96 Pages 113-114
Thursday 28th May 2027	Conditions Reproductive system	Full recall of: <ul style="list-style-type: none"> <li>• Angina</li> <li>• DVT</li> <li>• Asthma</li> <li>• Pneumonia</li> <li>• Bowel polyps</li> <li>• Gallstones</li> </ul> Full recall of: female reproductive system, menstrual cycle, menopause, male reproductive system.	Pages 60-63 Pages 63-65 Pages 72-73 Pages 74-75 Pages 82-83 Pages 84-85 Page 114-116
Friday 29th May 2026	Musculoskeletal system Control and regulatory system Assessment practice	Full recall of musculoskeletal system. Full recall of control and regulatory system. Reproductive system assessment practice.	Page 89-96 Pages 101-105 Pages 123-124

Date	Topic area	Specific recall task	Look up answers in revision guide
Saturday 30th May 2026	Whole system recall Respiratory system	Cardiovascular system. Respiratory system. Digestive system. Musculoskeletal system. Control and regulatory system. Reproductive system. Revision quiz.	Pages 55-60 Pages 69-71 Pages 79-81 Pages 89-96 Pages 101-105 Pages 114-121 Page 77
Sunday 31st May 2026	Conditions Digestive system	Full recall of: <ul style="list-style-type: none"> <li>• Angina</li> <li>• DVT</li> <li>• Asthma</li> <li>• Pneumonia</li> <li>• Bowel polyps</li> <li>• Gallstones</li> </ul> Revision quiz	Pages 60-63 Pages 63-65 Pages 72-73 Pages 74-75 Pages 82-83 Pages 84-85 Page 87

## Week 8 – last couple of days

Date	Topic area	Specific recall task	Look up answers in revision guide
Monday 1st June 2026	Cardiovascular system Respiratory system Digestive system Musculoskeletal system Control and regulatory system Other conditions	Whole system (blood cells, heart structure, blood flow, blood pressure, electrical activity, ECG traces, blood vessels). Whole system (Structure, breathing, gas exchange, cellular respiration). Whole system (Structure, digestion, absorption, assimilation). Whole system (skeletal structure, bone structure and formation, synovial joints and joint types, muscular system). Whole system (Female reproductive system, menstrual cycle, menopause, male structure, endometriosis, testicular cancer). Angina DVT Asthma Pneumonia Bowel polyps Gallstones	Pages 55-60 Pages 69-71 Pages 79-81 Pages 89-92 Pages 114-121 Pages 60-63 Pages 63-65 Pages 72-73 Pages 74-75 Pages 82-83 Pages 84-85
Tuesday 2nd June	Whole systems Conditions	Cardiovascular system Respiratory system Digestive system Musculoskeletal system Control and regulatory system Reproductive system Angina DVT Asthma Pneumonia Bowel polyps Gallstones Endometriosis Testicular cancer	Pages 55-60 Pages 69-71 Pages 79-81 Pages 89-96 Pages 101-105 Pages 114-121 Pages 60-63 Pages 63-65 Pages 72-73 Pages 74-75 Pages 82-83 Pages 84-85 Pages 117-119 Pages 120-121

**REMEMBER TO GIVE YOUR BRAIN A REST BEFORE THE EXAM!**