



Welcome to the latest edition of the newsletter from the Sport & PE Department, we would like to keep you as up to date as possible with the course content and topics students are covering. If you have any questions, please do not hesitate to contact us at college.

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What are we studying?

Year 10 - Year 10 have made a fantastic start to the GCSE Sport Science course starting with anatomy and physiology (cardiorespiratory and musculoskeletal system). We have combined note taking, quizzing and practical lessons to deliver the specification. Both classes have started the course very well and have shown the ability to apply their existing scientific knowledge to sporting contexts. Through our practical lessons, we have looked at Badminton and Table Tennis and begun discussion about their 3 Sports (this is worth 30% of their final grade).

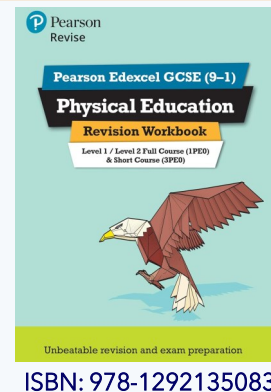
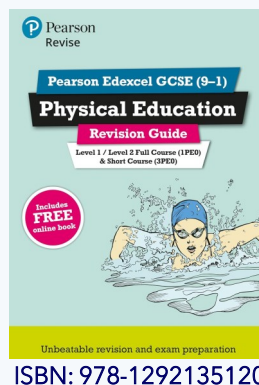
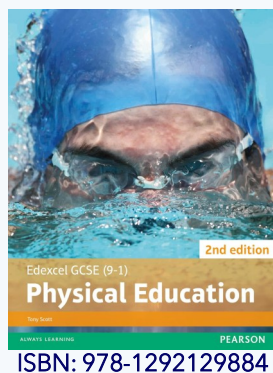
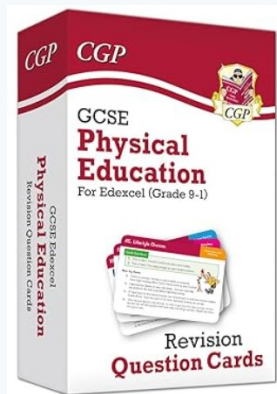
Year 11 - This term, we have been focussing on a variety of different topics. We started by looking at health from a holistic point of view (physical, social and mental health) and how sport and physical activity positively affect all elements of health. We have researched the effects of living a sedentary lifestyle and looked at diet, nutrition and hydration. Focus recently has been on Sport Psychology and preparation for their November mock exams.

Questions you could ask at home....

Your son/daughter should be able to confidently talk to you about these topics:

Year 10 - What are the names of 5 muscles and 5 bones? What are the components of blood and how do they allow for physical activity to take place?

Year 11 - Please ask your child about the risks of living a sedentary lifestyle, components of a balanced diet, how athletes might manipulate their diet, and the importance of hydration. Finally - please ask your child when their revision session is (Fridays at lunchtime, starting in January). These sessions are an excellent way to reinforce and embed knowledge across various topics and a really a fun and positive way to round off the week for staff and students alike!



https://www.amazon.co.uk/Physical-Education-Edexcel-Revision-Question-Card/dp/1789084172/ref=asc_df_1789084172?mcid=f9821028b588301a8ed77a9ae85468e3&th=1&psc=1&hvociid=10814495528167357851-1789084172-&hvexpln=74&tag=googshopuk-

Need help?

- Sport Science SharePoint site: <https://twmat.sharepoint.com/sites/HCC-PEStudentsGCSE>
- Seneca learning: <http://www.senecalearning.com>

Key Dates:

Year 11 Mocks - **November 2025 & March 2026**
 Year 11 GCSE PE Revision - Weekly from **January 2026**
 Year 10 Sport Science trip to Bath University - **March 2026**
 Year 10 PEP Coursework - **April 2026**
 Year 10 Mocks - **June 2026**

Year 11 Exams, Summer 2026: (provisional)

Component 1: Fitness & Body Systems
22nd May 2026. 36%
 Component 2: Health & Performance
1st June 2026. 24%
Practical Performance 30%, PEP Coursework 10%