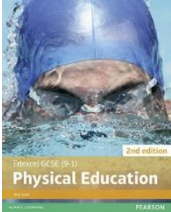
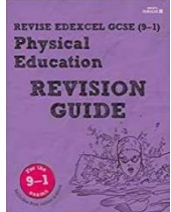
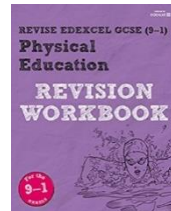
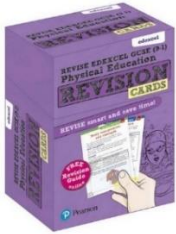


Welcome to the third newsletter from the Sport & PE Department, we would like to keep you as up to date as possible with the course content and topics students are covering. If you have any questions, please do not hesitate to contact us at College.

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<p><b>What are we studying?</b></p> <p><b>Year 9</b> - During this term, we have been looking at Components of Fitness, Fitness Testing, Principles of Training and Methods of Training. We are moving on to look at Injuries and Performance Enhancing Drugs. Each student knows the 3 sports they'd like to focus on and should be working towards improving their skills in these.</p> <p><b>Year 10</b> - This term we have been learning all about the different components of fitness, methods of training, principles of training and fitness tests. This has been through a combination of theory and practical lessons where students have been able to apply their knowledge through different circuit sessions. They have also been linking these sessions to different sports and positions within these sports. These units are all building the students up for their coursework which is to design, carry out and analyse a Personal Exercise Programme. This will start in the new year.</p> <p><b>Year 11</b> - Finishing the course content and revising hard for the forthcoming mock exams! The students have been given a PE specific revision guide and have access to all the resources via the SharePoint site. They will sit two exam papers – one on Fitness and Body Systems for 1 hour 45 minutes and one on Health and Performance for 1 hour and 15 minutes – and need to revise the whole course content using the procedure they have been taught:          Stage 1 – Diagnosis – they should identify which content they will revise from their revision document.          Stage 2 – Therapy – they should spend 20 minutes revising this content using their favoured method. Importantly they should do something ACTIVE with the information i.e. create a mind map, flash cards, talk through with partner rather than just read the information.          Stage 3 – Testing - they should spend 10 minutes testing the content that they have just learnt. They can do this using the exam questions on SharePoint or by covering their notes and re-writing them or answering questions from a friend.          They should be completing at least 2 hours of PE revision per week leading up to the exams.</p>	<p><b>Resources:</b></p>  <p>ISBN: 978-1292129884</p>  <p>ISBN: 978-1292135120</p>  <p>ISBN: 978-1292135083</p>
<p><b>Questions you could ask at home....</b>          Your son/daughter should be able to confidently talk to you about these topics:</p> <p><b>Year 9</b> – Which 3 sports they want to be assessed in practically and the Components of Fitness most relevant to their sports. Definitions of Health, Fitness, Exercise and Performance. What GRIT is and how it works in theory lessons.</p> <p><b>Year 10</b> - Test your child's knowledge by asking them about the mnemonic Bob's Mum Munches Fried Chicken! Or ask them to explain CRABS-P. These are linked to the various components of fitness. You could also ask them to name the top 3 components of fitness in their favourite sports. Finally, check their knowledge by asking them to list as many fitness tests as they can.</p> <p><b>Year 11</b> - Ask your child to talk you through the process of how they revise. Ask to see their revision methods and ask if you can be involved in the "testing" phase at the end of their half hour revision sessions.</p>	
 <p style="text-align: center;"><b>£8.99 Revision Flash Cards</b></p> <p style="text-align: center;"><b>100 Revision Cards</b>  <b>Multiple choice questions and answers</b>  <b>Worked examples</b>  <b>Topic summaries and key facts to remember</b></p> <p style="text-align: center;"><a href="https://www.amazon.co.uk/Revise-Edexcel-Physical-Education-Revision/dp/1292182431">https://www.amazon.co.uk/Revise-Edexcel-Physical-Education-Revision/dp/1292182431</a></p> <p><b>Need help?</b></p> <ul style="list-style-type: none"> <li>Edexcel website <a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2016.html">https://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2016.html</a></li> <li>Seneca Learning online <a href="https://app.senecalearning.com/login">https://app.senecalearning.com/login</a></li> <li>GCSE Physical Education App <a href="https://apps.daydreameducation.com/pocket-poster-revision-guides/gcse-physical-education/app/">https://apps.daydreameducation.com/pocket-poster-revision-guides/gcse-physical-education/app/</a></li> <li>Twitter - persuade your son/daughter to follow the PE department – we will share lots of useful links to help them revise.              @ataylor_PE @PWYatt_PE @T_Skelding</li> </ul>	<p><b>Year 11 Exams:</b></p> <ul style="list-style-type: none"> <li>Component 1: Fitness &amp; Body Systems 15<sup>th</sup> May 2019. 36%</li> <li>Component 2: Health &amp; Performance 17<sup>th</sup> May 2019, 2018. 24%</li> </ul> <p style="text-align: center;">Practical Performance 30%, PEP Coursework 10%</p>
<p><b>Key Dates:</b></p> <p>Year 10 Sport Science trip to Exeter University – November 2018          Year 11 GCSE PE Revision – Weekly from November 2018          Year 11 Mocks – December 2018          Year 10 PEP Coursework – January 2019          Year 10 Sport Science trip to Bath University – March 2019</p>	