

Welcome to the fifth 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 - This term, we have been working through the anatomy and physiology section of the specification, more specifically the skeletal and muscular systems – structure, function and how they respond / adapt to exercise. The students have coped well with the new way of life regarding learning in the classroom and we have attempted to keep the learning as active as possible. Students have learnt through note taking, discussions and answering longer questions, we've also enjoyed some practical sessions.

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 effect all elements of health (very apt post-COVID!). More recently we have looked at the psychology behind sport and physical activity, comparing different styles of feedback and guidance (visual, verbal, manual and mechanical). The students were able to draw on their own experiences when comparing the different styles and were able to identify positive and negative examples. Finally we have been looking at mental preparation and the value of goal setting. This topic was an opportunity to hark back to their Personal Exercise Plan coursework where they set their own SMART targets/goals and was a timely reminder the groups that they are fast approaching the final descent to destination GCSE exams 2022 so would benefit from setting personal goals to make this journey as smooth as possible!

Questions you could ask at home.....

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

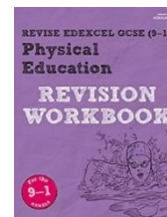
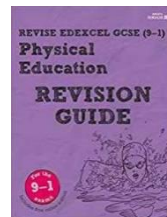
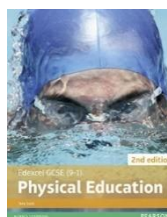
Year 10 - Please ask them to recall any information they have retained from their lessons on the skeletal and muscular systems. What muscles are being used to perform certain actions / movements? We will spend the coming weeks leading into Christmas learning all about the cardiovascular and respiratory systems.

Year 11 – Please ask your child which type of guidance they have mainly received in their own experiences of being coached sport or taught PE. See if they can explain why manual guidance is important for beginners in a new sport and which sports often use mechanical guidance to reinforce good technique. Are they able to also explain the risks of overusing different guidance methods? Finally – please ask your child when their next revision session is (Fridays 3-4pm). 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!



£8.99 Revision Flash Cards

100 Revision Cards
Multiple choice questions and answers
Worked examples
Topic summaries and key facts to remember



<https://www.amazon.co.uk/Revise-Edexcel-Physical-Education-Revision/dp/1292182431>

Need help?

- Sport Science SharePoint site: <https://honitoncollegedevonsch.sharepoint.com/sites/PE%20Students%20GCSE/default.aspx>
- Seneca learning: <http://www.senecalarning.com>
- Twitter - encourage your son/daughter to follow the PE department – we will share lots of useful links to help them revise. @ataylor_PE

Key Dates:

Year 11 GCSE PE Revision – Weekly from November 2021
 Year 11 Mocks – January 2022
 Year 10 Mocks – April 2022
 Year 10 Sport Science trip to Bath University – Tuesday 15th March
 Year 10 PEP Coursework – April 2022
 Year 10 Sport Science trip to Exeter University – Summer Term 2022

Year 11 Exams, Summer 2022: (provisional)

- Component 1: Fitness & Body Systems
24th May 2022. 36%
- Component 2: Health & Performance
10th June 2022. 24%

Practical Performance 30%, PEP Coursework 10%