



December 2018

Dear Parent/Carer

PE Revision Sessions

Your son/daughter recently sat a trial GCSE PE exam paper. After each exam or test we carry out some analysis which shows the PE staff which topics we need to focus on more in class and also which topics individual students need to work on, in order to achieve their potential grade. Your son/daughter will be soon receiving this vital feedback and it is essential that they attend as many revision sessions as possible, focusing on the topics highlighted as requiring extra support.

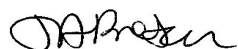
Revision sessions will run on Tuesdays, 3.25-4.25pm in room 116 (unless otherwise stated), starting on 8 January, and will continue until the PE exam. In the next term and a half it is essential that students are committed to revision and extra-curricular study. We have high expectations of our GCSE students and believe that, with your help, the students can achieve their potential grades.

Revision Timeline	
Topic	Date
Skeletal System	8 January
Muscular System	15 January
Circulatory System	22 January
Respiratory System	29 January
Levers, Planes and Axes	5 February
Health and Fitness and Components of Exercise	12 February
Fitness Tests and Principles of Training	26 February
Training Methods and Injuries	5 March
Performance Enhancing Drugs	12 March
Classification of Skill and Practice Structures	19 March
SMART Targets and Mental Preparation	26 March
Feedback and Guidance	2 April
Health Fitness and Well-being	23 April
Socio-Cultural Influences	30 April

Topic	Date
Exam Technique	7 May
Exam Technique	14 May
EXAM PAPER: Component 1 Fitness and Body Systems	15 May
EXAM PAPER: Component 2 Health and Performance	17 May

Thank you in advance for your support.

Yours sincerely



Mr J Preston
Head of Physical Education