



December 2022

Dear Parent/Carer

PE Revision Sessions

Your child 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 soon be 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.

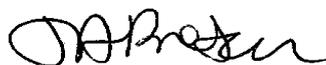
Revision sessions will run on Tuesdays, 3.25-4.25pm in room 116 (unless otherwise stated), starting on 10 January, and continuing until the PE exam. In the next term and a half it is essential that students are committed to revision and extra-curricular study. We have high expectations of our GCSE students and believe that, with your help, they can achieve their potential grades.

Revision Timeline	
Topic	Date
Skeletal System	10 January
Muscular System	17 January
Circulatory System	24 January
Respiratory System	31 January
Health and Fitness and Components of Exercise	7 February
Levers, Planes and Axes	21 February
Fitness Tests and Principles of Training	28 February
Training Methods and Injuries	7 March
Performance Enhancing Drugs	14 March
Classification of Skill and Practice Structures	21 March
SMART Targets and Mental Preparation	28 March
Feedback and Guidance	18 April
Health Fitness and Well-being	25 April
Socio-Cultural Influences	2 May

Topic	Date
Exam Technique	9 May
Exam Technique	16 May
EXAM PAPER: Component 1 Fitness and Body Systems	17 May (PM)
EXAM PAPER: Component 2 Health and Performance	26 May (AM)

Thank you in advance for your support.

Yours sincerely



Mr J Preston
Head of Physical Education