

Subject	Year 10 Threshold Concepts – Autumn Term	How to support students' learning
GCSE P.E	<p>Theory:</p> <ul style="list-style-type: none"> • Components of fitness • Fitness testing • Warm up and cool down • Principles of training • Types of training • Optimising training <p>Practical focus - Students will be assessed in swimming, netball and badminton.</p>	<p>Encourage your child to</p> <ul style="list-style-type: none"> • Revise key concepts, definitions, and aspects of each topic. • Attend session 3 if support needed • Revise for weekly class retrieval tasks • Complete any home study and Everlearner tasks set • Develop practical efficacy and skillset in assessed sports- read and understand the grading/assessment criteria • Attend session 3 practical workshops • Collection of video evidence.