

Subject	Year 9 Threshold Concepts – Summer Term	How to support students' learning
GCSE P.E	<p>Theory lesson:</p> <ul style="list-style-type: none"> <li>• Cardiorespiratory system</li> <li>• Interpreting a Spirometer trace</li> <li>• Aerobic and anaerobic energy systems</li> <li>• Effects of exercise and Recovery processes</li> <li>• Warm ups – Cool downs and preventing injuries</li> </ul> <p>Practical lessons focused on assessment in:</p> <ul style="list-style-type: none"> <li>• Tennis</li> <li>• Cricket</li> <li>• Athletics</li> </ul>	<p>Encourage your child to</p> <ul style="list-style-type: none"> <li>• Revise key concepts, definitions, and aspects of each topic</li> <li>• Attend session 3 if support needed</li> <li>• Revise for weekly class retrieval tasks</li> <li>• Complete any home study and Everlearner tasks set</li> <li>• Develop practical efficacy and skillset in assessed sports-read and understand the grading/assessment criteria</li> <li>• Attend session 3 practical workshops.</li> </ul>