

Subject	Year 10 content – Autumn Term	How to support students' learning
GCSE PE	Practical Lessons focused on assessment in: Swimming, Badminton, Table Tennis, Basketball, Football Fitness testing and introduction to weight training	Encourage your child to: • Continue to attend session 3 sports/activities in areas that they both enjoy and may need to develop. • Practice outside of lessons • Take up opportunities to represent the school • Watch sports on TV, social media, you tube etc • Develop an understanding of the rules • Link theory to practical • Have the correct practical PE kit for every lesson • Play competitive sport outside of school
	Theory: • Components of fitness • Fitness testing • Warm up and cool down • Principles of training • Types of training • Optimising training Assessments and Revision	Encourage your child to: • Attend session 3 support if needed • Have the correct equipment for every lesson • Recap and look over the concepts at home • Complete homework tasks • Complete independent research to help further knowledge and understanding by reading around topics • Read and understand the feedback given by teachers to enable students to identify how to make further progress • Review learning • Use online resources • Create revision cue cards
	Students will also have access to: Table Tennis, Basketball, Badminton, Netball, Football, Hockey, Swimming & Fitness	Encourage your child to: • Attend session 3 clubs to increase access to these sports

	These sports will be available during our session 3 programme.	• Join external clubs or practice at home • Bring PE Kit
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