

| Subject | Year 9 content – Spring Term                                                                                                                                                                                                  | How to support students' learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| GCSE PE | <p>Practical Lessons focused on assessment in:</p> <p>Swimming, Badminton, Table Tennis, Basketball, Football</p> <p>Fitness testing and introduction to weight training</p>                                                  | <p>Encourage your child to:</p> <ul style="list-style-type: none"> <li>• Continue to attend session 3 sports/activities in areas that they both enjoy and may need to develop.</li> <li>• Practice outside of lessons</li> <li>• Take up opportunities to represent the school</li> <li>• Watch sports on TV, social media, you tube etc</li> <li>• Develop an understanding of the rules</li> <li>• Link theory to practical</li> <li>• Have the correct practical PE kit for every lesson</li> <li>• Play competitive sport outside of school</li> </ul>                                                   |
|         | <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> </ul> <p>Assessments and Revision</p> | <p>Encourage your child to:</p> <ul style="list-style-type: none"> <li>• Attend session 3 support if needed</li> <li>• Have the correct equipment for every lesson</li> <li>• Recap and look over the concepts at home</li> <li>• Complete homework tasks</li> <li>• Complete independent research to help further knowledge and understanding by reading around topics</li> <li>• Read and understand the feedback given by teachers to enable students to identify how to make further progress</li> <li>• Review learning</li> <li>• Use online resources</li> <li>• Create revision cue cards</li> </ul> |
|         | <p>Students will also have access to:</p> <p>Table Tennis, Basketball, Badminton, Netball, Football, Hockey, Swimming &amp; Fitness</p>                                                                                       | <p>Encourage your child to:</p> <ul style="list-style-type: none"> <li>• Attend session 3 clubs to increase access to these sports</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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|  | <p>These sports will be available during our session 3 programme.</p> | <ul style="list-style-type: none"> <li>• Join external clubs or practice at home</li> <li>• Bring PE Kit</li> </ul> |
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