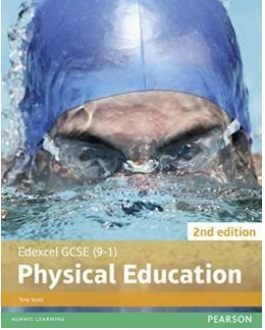
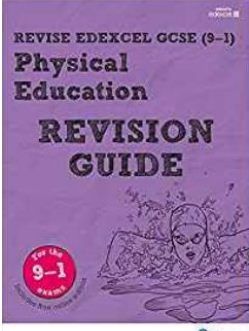
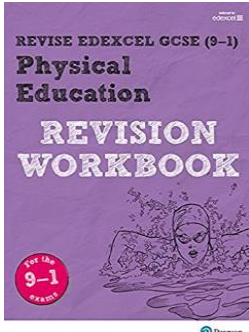


Welcome to the first newsletter from the Sport & PE Department, we would like to keep you as up to date as possible with the course content and topics students are covering. If you have any questions, please do not hesitate to contact us at College.

Mr A Taylor | Head of Sport & PE | ataylor@honitoncollege.devon.sch.uk

<p>What are we studying?</p> <p>Year 9 - Understanding the body's response to exercise through different training methods. Measuring and plotting HR and understanding about different training thresholds. Dietary requirements of different athletes. Definition of health, fitness and exercise</p> <p>Year 10 - Coursework worth 10% of the overall GCSE PE grade. The students will be assessed on how well they <u>evaluate</u> their Personal Exercise Programme (PEP) where they have been performing interval and circuit training for 6 weeks. They are attempting to improve their fitness level so they can be more effective at their chosen sport.</p> <p>Year 11 - We are currently recapping all of the topics. This is being done through revision activities and exam questions. Focusing on how they apply their knowledge and understanding to the question.</p>	<p>Resources:</p>  <p>ISBN: 978-1292129884</p>
<p>Questions you could ask at home..... Your son/daughter should be able to confidently talk to you about these topics:</p> <p>Year 9 - Which 3 sports they want to be assessed in practically and what a performance log book is. Definitions of health, fitness and exercise. What GRIT is and how it works in theory lessons?</p> <p>Year 10 - The students have to evaluate their progress during their PEP. In order to do this they should be able to identify the relevant pieces of data that show their progress.</p> <p>Ask them to explain how the following pieces of data show improvement:</p> <p><i>Interval Training:</i> Resting Heart Rate, Number of sets in the Target Zone, Recovery Rate, Number of sets and reps, Rest between reps and sets</p> <p><i>Circuit Training:</i> Resting Heart Rate, Number of reps achieved versus Target reps, Working heart rate, RPE scale, Rest between sets and stations, Recovery Rate</p> <p>Year 11 - The student have been given a homework sheets where they learn the key words and the definitions and chose a task to apply their knowledge. Please quiz them on the key words of the week and if they have any additional time suggest they complete another homework task! Refer to the "Get a head start to GCSE PE revision" booklet that will be given to them shortly. Finally please encourage your child to record all of their sports performances as a log for the moderator.</p>	 <p>ISBN: 978-1292135120</p>  <p>ISBN: 978-1292135083</p>
<p>Need help?</p> <ul style="list-style-type: none"> Edexcel website https://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2016.html GCSE Physical Education App https://apps.daydreameeducation.com/pocket-poster-revision-guides/gcse-physical-education/app/ Twitter - persuade your son/daughter to follow the PE department – we will share lots of useful links to help them revise. @ataylor_PE @PWyatt_PE @T_Skelding 	
<p>Key Dates: Year 9 Mocks – June 2018 Year 10 Mocks – June 2018 Year 11 Mocks – January 2018 GCSE PE Revision – Weekly from November 2017 Year 10 Sport Science trip to Bath University – March 2018</p>	<p>Year 11 Final Exams:</p> <ul style="list-style-type: none"> Component 1: Fitness & Body Systems 16th May, 2018. 36% Component 2: Health & Performance 18th May, 2018. 24% <p>Practical Performance 30%, PEP Coursework 10%</p>

