

Welcome to the fifth 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.

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What are we studying?

Year 10 - This term, we have been working through the anatomy and physiology section of the specification, more specifically the musculoskeletal and cardiorespiratory systems – structure, function and how they respond / adapt to exercise. The students have coped well with the new way of life regarding learning in the classroom and we have attempted to keep the learning as active as possible. Students have learnt through note taking, discussions and longer questions, but also through making cardiovascular board games, making blood (this is not as scary as it sounds and all edible!) and even recreated the journey of blood on the playground using cones, ladder, hurdles and baton's!

Year 11 – Students have been working on their Personal Exercise Programme. This piece of coursework is worth 10% of their GCSE grade and they should be working on it at home as per the home learning tasks set in Class Charts. We have finished the course content and will now begin revision. Students have been given a PE specific revision guide and have access to all the resources via the SharePoint site. They will sit two exam papers – one on Fitness and Body Systems for 1 hour 45 minutes and one on Health and Performance for 1 hour and 15 minutes.

All students should be completing at least 2 hours of PE revision per week leading up to the exams. Year 11 Sport Science revision has started and details have been sent via SIMS InTouch.

Questions you could ask at home.....

Your son/daughter should be able to confidently talk to you about these topics:

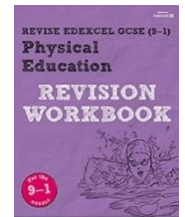
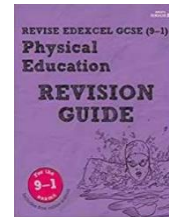
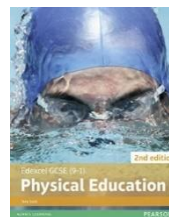
Year 10 - Please ask your child to recall any information they have retained from their lessons on the musculoskeletal and cardiovascular systems. What muscles are being used to perform certain actions / movements? Ask them to talk you through the route blood would take through the heart. We will spend the coming weeks leading into Christmas learning all about the respiratory and energy systems, before coming back in the new year to start gearing up for coursework in February!

Year 11 – Please ask your child to talk you through the process of how they revise. Check which two sports they are using for their practical component (this has been reduced from three sports due to Covid-19 for Summer 2021 assessments).



£8.99 Revision Flash Cards

- 100 Revision Cards**
- Multiple choice questions and answers**
- Worked examples**
- Topic summaries and key facts to remember**



<https://www.amazon.co.uk/Revise-Edexcel-Physical-Education-Revision/dp/1292182431>

Need help?

- Sport Science SharePoint site: <https://honitoncollegedevonsch.sharepoint.com/sites/PE%20Students%20GCSE/default.aspx>
- Seneca learning: <http://www.senecalearning.com>
- Twitter - encourage your son/daughter to follow the PE department – we will share lots of useful links to help them revise. @ataylor_PE

Key Dates:

Year 10 Sport Science trip to Exeter University – POSTPONED DUE TO COVID- 19
 Year 11 GCSE PE Revision – Weekly from November 2020
 Year 11 Mocks – February 2021
 Year 10 Mocks – April 2021
 Year 10 PEP Coursework – April 2021
 Year 10 Sport Science trip to Bath University – POSTPONED DUE TO COVID-19

Year 11 Exams, Summer 2021: (provisional)

- Component 1: Fitness & Body Systems
11th June 2021. 36%
- Component 2: Health & Performance
25th June 2021. 24%

Practical Performance 30%, PEP Coursework 10%