


How to help your

Subject: Physical Education

How to help your	
Year 7 Core PE	<p>There is no written theory for this year. However there will be times the teacher may ask your child to research some information based upon the sporting activity e.g. Research the world record for the women's 100m sprint.</p> <ol style="list-style-type: none">1. Ensure your child's PE kit is labelled and she has astros and trainers for every lesson. (Sometimes we have to change the activity at the last minute and they may need to change their footwear).2. Encourage your child to attend at least one extra-curricular PE club to improve their fitness and skill level.3. Encourage your child to watch global sporting events e.g. Women's world cup football, Winter Olympics/Paralympics etc4. Promote reading about the successes of female athletes in newspapers, magazines and social media5. Try to take part as a family in a fun fitness activity at least once a week6. Try to take part in any virtual physical challenges that occur during the year (these will be put on smhw)7. Try to ensure your child participates in some form of physical exercise outside school e.g. walking, cycling, just dance etc
Year 8 Core PE	<p>There is no written theory for this year. However there will be times the teacher may ask your child to research some information based upon the sporting activity e.g. Research the world record for the women's 100m sprint.</p> <ol style="list-style-type: none">1. Ensure your child's PE kit is labelled and she has astros and trainers for every lesson. (Sometimes we have to change the activity at the last minute and they may need to change their footwear).2. Encourage your child to attend at least one extra-curricular PE club to improve their fitness and skill level.3. Encourage your child to watch global sporting events e.g. Women's world cup football, Winter Olympics/Paralympics etc4. Reading about the successes of women athletes in newspapers, magazines and social media5. Try to take part as a family in a fun fitness activity at least once a week6. Try to take part in any virtual physical challenges that occur during the year (these will be put on smhw)7. Try to ensure your child participates in some form of physical exercise outside school e.g. walking, cycling, just dance etc
Year 9 Core PE	<p>There is no written theory for this year apart from the GCSE PE taster group However there will be times the teacher may ask your child to research some information based upon the sporting activity e.g. Research the world record for the women's 100m sprint.</p> <ol style="list-style-type: none">1. Ensure your child's PE kit is labelled and she has astros and trainers for every lesson. (Sometimes we have to change the activity at the last minute and they may need to change their footwear).2. Encourage your child to attend at least one extra-curricular PE club to improve their fitness and skill level.

	<ol style="list-style-type: none"> 3. Encourage your child to watch global sporting events e.g. Women’s world cup football, Winter Olympics/Paralympics etc 4. Reading about the successes of women athletes in newspapers, magazines and social media 5. Try to take part as a family in a fun fitness activity at least once a week 6. Try to take part in any virtual physical challenges that occur during the year (these will be put on smhw) 7. Try to ensure your child participates in some form of physical exercise outside school e.g. walking, cycling, just dance etc 8. For the GCSE taster group, students should be revising for mini tests. 9. Check to see if they have completed any work sheets relating to PE. All students who are part of this group should be attending extra-curricular clubs after school. They should also look at BBC bitesize for the theory topics throughout the year.
<p>Year 10- GCSE PE</p>	<ol style="list-style-type: none"> 1. Encourage your child to respond to teacher feedback, making improvements to their work and catching up on anything missed. 2. Encourage your child to attend at least one extra-curricular club after school to improve on her practical grades at GCSE 3. Encourage your child to spend time revising from their exercise books and revision guides. Talking to your child about their learning in the subject and testing them on their knowledge will help them to commit it to their long-term memory. 4. If your child does not have a copy of the following revision guide we would highly recommend it to help support their revision. It includes all topics that they may be assessed on in their final examinations. Title – ‘OCR GCSE (9-1 Physical Education)– My Revision Notes’. 5. Promote further reading outside of lesson time. Students will be provided with a reading canon which will reinforce and expand on the in-class learning. 6. Looking at the following websites will support their learning of the topics covered in year 10: www.brianmac.co.uk, www.ocr.org.uk, www.bbc.co.uk/science/humanbody, www.teachpe.com, www.bhf.org.uk, BBCbitesize.com 7. Encourage your child to attend the weekly revision sessions run by the department. 8. Ensure your child’s PE kit is labelled and she has astros and trainers for every lesson. (Sometimes we have to change the activity at the last minute and they may need to change their footwear).
<p>Year 10 Core PE</p>	<p>There is no written theory for this year. However there will be times the teacher may ask your child to research some information based upon the sporting activity e.g. Research the world record for the women’s 100m sprint.</p> <ol style="list-style-type: none"> 1. Ensure your child’s PE kit is labelled and she has astros and trainers for every lesson. (Sometimes we have to change the activity at the last minute and they may need to change their footwear). 2. Encourage your child to attend at least one extra-curricular PE club to improve their fitness and skill level. 3. Encourage your child to watch global sporting events e.g. Women’s world cup football, Winter Olympics/Paralympics etc 4. Reading about the successes of women athletes in newspapers, magazines and social media 5. Try to take part as a family in a fun fitness activity at least once a week

	<ol style="list-style-type: none"> 6. Try to take part in any virtual physical challenges that occur during the year (these will be put on smhw) 7. Try to ensure your child participates in some form of physical exercise outside school e.g. walking, cycling, just dance, going to the gym etc
<p>Year 11 GCSE PE</p>	<ol style="list-style-type: none"> 1. Encourage your child to respond to teacher feedback, making improvements to their work and catching up on anything missed. 2. Encourage your child to spend time revising from their exercise books and revision guides. Talking to your child about their learning in the subject and testing them on their knowledge will help them to commit it to their long-term memory. 3. If your child does not have a copy of the following revision guide we would highly recommend it to help support their revision. It includes all topics that they may be assessed on in their final examinations. Title – ‘OCR GCSE (9-1 Physical Education)– My Revision Notes’. 4. Encourage your child to start revision early – this will also be beneficial for the mock examinations. 5. Encourage your child to be organised, using a revision timetable, and also to space out the different topics they study. 6. Encourage your child to attend the weekly before and after-school revision sessions run by the department. 7. Promote further reading outside of lesson time. Students will be provided with a reading canon which will reinforce and expand on the in-class learning. 8. Looking at the following websites will support their learning of the topics covered in year 11: : www.brianmac.co.uk, www.ocr.org.uk, www.bbc.co.uk/science/humanbody, www.teachpe.com, www.bhf.org.uk, BBCbitesize.com 9. Ensure your child’s PE kit is labelled and she has astros and trainers for every lesson. (Sometimes we have to change the activity at the last minute and they may need to change their footwear).
<p>Year 11 PE Core</p>	<p>There is no written theory for this year. However there will be times the teacher may ask your child to research some information based upon the sporting activity e.g. Research the world record for the women’s 100m sprint.</p> <ol style="list-style-type: none"> 1. Ensure your child’s PE kit is labelled and she has astros and trainers for every lesson. (Sometimes we have to change the activity at the last minute and they may need to change their footwear). 2. Encourage your child to attend at least one extra-curricular PE club to improve their fitness and skill level. 3. Encourage your child to watch global sporting events e.g. Women’s world cup football, Winter Olympics/Paralympics etc 4. Reading about the successes of women athletes in newspapers, magazines and social media 5. Try to take part as a family in a fun fitness activity at least once a week

- 
6. Try to take part in any virtual physical challenges that occur during the year (these will be put on smhw)
 7. Try to ensure your child participates in some form of physical exercise outside school e.g. walking, cycling, just dance, going to the gym etc