

## AUTUMN 2023

**Subject: PE OCR GCSE**

**Year: 10**

**Topic(s) to be covered:**

**The course is broken down into two modules:**

**O1:**

Components of fitness  
Principles of training  
Warm up and cool down

**O2:**

Classification of skill  
Guidance and feedback healthy active lifestyle

**Assessment Procedures:**

Students will be assessed in the form of ongoing assessment projects. This will come in the form of mini tests, end of unit tests; extended questions; and practical grades completed for this term.

Assessment in PE: 60% theory; 40% practical. This will be reflected in reported grades, as an ongoing process. All practical activities are scored out of 20 marks, and the best three scores go forward to make the 40% of their final grades.

**Homework guidance:**

There will be revision set for mini tests, end of unit tests and extended questions. Closing the gap and extension tasks will be set following tests, and extended writing pieces.

**Enrichment opportunities:**

In order to maximise your child's development, they must attend extracurricular clubs to improve their practical scores. The higher your child's practical scores, the greater the success in the final grade awarded. Dedication to developing weak practical areas is a must.

**How can you help?**

Ensure your child attends extra-curricular activities focussing on areas of weakness.  
Purchase an OCR revision guide: My Revision Notes: OCR GCSE (9-1) PE 2nd Edition.  
Ensure they have completed their homework.  
Take an interest in their mini tests, end of topic results and ongoing practical scores.