



Welcome to the latest edition of the 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 | [andy.taylor@honiton.college](mailto:andy.taylor@honiton.college)

## What are we studying?

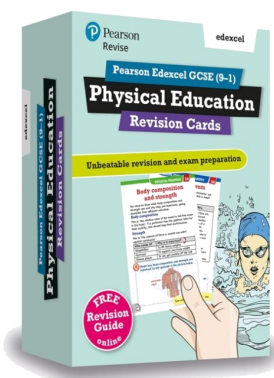
**Year 10** - Since Easter we have been focusing on our coursework. Students have completed a number of fitness tests including the Illinois agility run, speed and muscular endurance test. After this they looked at what the main components of fitness are for their chosen sport (e.g. cardiovascular fitness for long distance runners, power for rugby or agility for netball). They have then created a circuit training session based on this in order to improve their fitness in their given area. This in turn will improve their performance within their sport. After completing these training sessions twice a week for 6 weeks they have redone their fitness tests and are using the data collected to write up their findings and conclusions. Students will also complete their mocks in June and we will spend time in lessons reflecting on and reviewing these.

## Questions you could ask at home....

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

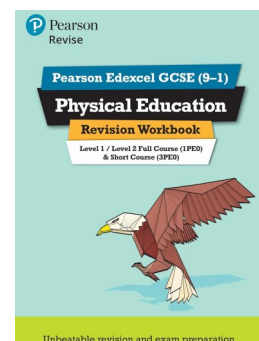
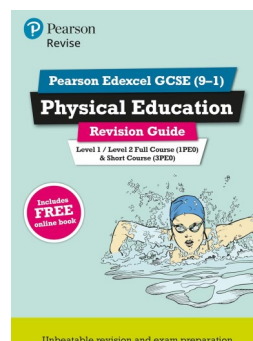
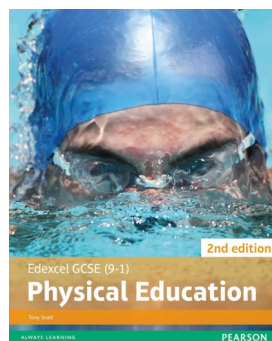
### Year 10 -

- Can you name all 9 components of fitness?
- What are the main components of fitness for your sport?
- How do you find your maximum heart rate?
- What are training zones and how did you use them in your circuit training?
- What is progressive overload?



### 100 Revision Cards

- Multiple choice questions and answers
- Worked examples
- Topic summaries and key facts to remember



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

## Need help?

- Sport Science SharePoint site <https://twmat.sharepoint.com/sites/HCC-PEStudentsGCSE>
- Seneca Learning online <http://www.senecalearning.com>
- **erevision:** <https://erevision.uk/auth> (Use your college email and then click forgotten password)
- **Oak Academy:** GCSE Physical Education (Edexcel): <https://www.thenational.academy/pupils>
- **All topics covered - YouTube The EverLerner:** <https://www.youtube.com/playlist?list=PL2VOuuWnbIB35d0kiqllCLqRT8soLxcl5>
- **X Twitter - persuade your son/daughter to follow the PE department - we will share lots of useful links to help them revise. @ataylor\_PE**

### Key Dates: 2025-26

**Year 11 GCSE PE Revision - Weekly from January 2026**  
**Year 11 Mocks - November 2025 & March 2026 TBC**

### Year 11 Exams, Summer 2026:

- **Component 1: Fitness & Body Systems**  
May/June 2026. 36%
- **Component 2: Health & Performance**  
May/June 2026. 24%
- Practical Performance 30%, PEP Coursework 10%**