

ORCHARD MEAD ACADEMY PE

E- NEWSLETTER

GCSE PE / GCSE DANCE / OCR SPORT STUDIES



November 2021

DEAR PARENT/GUARDIAN,

I hope you are well and had a lovely half term. Please see below details for your child's PE examination course.

Y11 GCSE PE

The year 11 pupils have had a brilliant start to the year. Before half term pupils learnt their 5th unit Health and Well-being, and completed an end of unit test before half term. Overall, pupils have been actively engaging in lessons and demonstrating excellent knowledge. Throughout this half term pupils will be learning their last and final unit of their GCSE course. This will mean they will have learnt everything they need to for the exam in the summer term.

In this unit they will look at:

- Factors affecting participating
- Prohibited substances
- Influence of media, sponsorship and commercialization
- Positive and negatives of sponsorship and media
- Impact of technology on sport
- Ethical conduct by performers
- Spectator behavior and hooliganism

In the upcoming weeks, week commencing 8th November pupils will be completing two mock exams for GCSE PE, Paper 1: Human body and movement and Paper 2: Socio-cultural influences and well-being. These exams will be 45 minutes long and be sat in the classroom. It is imperative that pupils revise for this assessment. Pupils can use knowledge organisers, key word booklets and short answer booklets distributed at the beginning of the year.

Revision Tools:

I would like to take the opportunity to make students aware of eRevision. This is a website paid for by the department and all pupils have been invited to log in to their account and use this resource when revising or completing homework. If a student hasn't logged in before, they will have an email in their inbox inviting them to the resource. If a student needs their login information resetting, please can they let their class teacher know as soon as possible.

I would also recommend students subscribing to the youtube channel 'PlanetPE'. The channel is ran by a PE teacher from the midlands who creates fantastic revision videos for all GCSE PE topics. Once again, this is an excellent free resource students can use when revising or completing homework.

Homework:

Pupils will be given homework on Tuesday's with a week deadline. Please encourage your child to complete this to help revision and get a better understanding of different topics being taught. If pupils ever want additional resources to help support their learning, please do not hesitate to reach out. Some pupils have already asked for additional resources for long answer questions and that is brilliant to see.

Kit Guidance

An orchard mead top must be worn and navy/black bottoms. Footwear must be appropriate for the area and sport.

eRevision

Powered by ZigZag Education

Y11 OCR PE

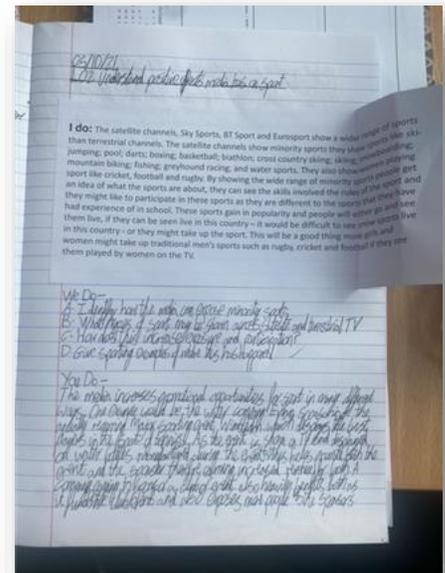
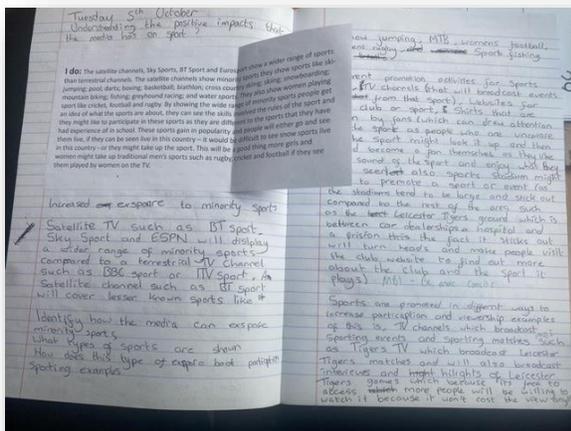
Lessons:

OCR Sport studies pupils have been completing their coursework for sport in the media, all students are now half way through this unit now and are progressing well.

Homework:

Homework is set weekly on class charts, parents are reminded to login to their parent account to keep track on this. Please continue to test their child on the key terms booklet they have been taking home with them. This is working well and is evident in their key terms tests at the start of each lesson.

Pupils are now set up on ZigZag eRevision for the exam component of the course. The date for this exam is the 11th January. Revision booklets and eRevision will be available for all pupils over the Christmas break.



Y10 GCSE PE

The year 10 GCSE PE group have been studying unit 3 Physical Training. We have looked at different ways athletes can improve their training and considered factors which impact performance. I have been impressed with the group's response to the theory aspect of the course and their curiosity with this topic.

This half term we will be doing more practical assessments and moving on to Unit 4 Sport psychology. Please can students remember to bring their kit every Friday Week B.

Shout outs/ praise

I would like to praise Travis, George, and Leona for their willingness to contribute to class discussion and the commitment they have shown to the course so far. Their attitude to learning is exemplary for all. Well done.

Key information/ dates for upcoming assessments

The group will be undertaking an end of topic test in the first 2 weeks of November. We will be covering all topics we have learnt in lessons so far this academic year. Students are advised to use their workbooks and revision worksheets to help them prepare for this test.

Revision advice

Parents, please can I ask you to encourage your child to complete their weekly GCSE PE homework. This will benefit their knowledge greatly and help them to recall the information required in their year 11 exams. Also, students will be provided with short answer question booklets, and key term booklets this month. Please test your child with 10 key terms or questions a day to help them remember the theoretical content. These strategies are proven to benefit pupils' long term memory and exam performance. Students can also make use of the AQA GCSE PE BBC bitesize to consolidate their learning: [GCSE Physical Education - AQA - BBC Bitesize](#)

Y10 OCR Sport Studies

Students have been working through their exam unit; Contemporary issues in Sport. So far this year they have learnt about issues which affect participation in sport and the role of sport in promoting values. This half term they are looking at the use of performance enhancing drugs in sport, the importance of hosting major sporting events and the role of national governing bodies in sport. They will also be working on how to answer examination questions successfully.

The Olympics

The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind, in a spirit of friendship, solidarity and fair play. Pierre de Coubertin was the founder of the International Olympic Committee (IOC) and wrote the Olympic Creed. The Olympic Creed is designed to promote values that are shown in the Olympics.

□ Task 2 – Fill in the gaps from the Olympic Creed.

The most important thing is to be well just as the most important thing in life is not to have but to be. The essential thing is not to have conquered, but to have fought well.



□ Task 3 – The Olympic rings are a symbol, with each ring representing a continent. The interlocking rings represent the union of the 5 continents, coming together and working together as 1.

List the 5 continents below:

1. Africa ✓
2. Asia ✓
3. America ✓
4. Europe ✓
5. Oceania ✓

3. a) Identify three activities that teenagers are likely to be engaged in which would take time away from participating in sport and physical activity. (3 marks) 2

- i. Spending time on games
- ii. Homework
- iii. School Part-time job

b) Fill in the blank spaces in the table below to identify either the barrier teenagers often face to participation, or the solution to that barrier. (5 marks)

| Barrier | Solution |
|---|---|
| Lack of time | <u>after school sessions</u> ✓ |
| <u>lack of role models</u> ✓ | increased media coverage of young people in sport |
| inability to afford membership subscriptions | <u>free sessions</u> ✓ |
| <u>lack of transport</u> ✓ | Provide minibuses or discounted fares |
| Lack of awareness of available sports opportunities | <u>increase advertising</u> ✓ |

4. Despite women's sport becoming increasingly televised, how gender is portrayed in sport could still act as a barrier to participation.



a) Other than media coverage of sports, identify two ways in which women are under-represented in sport. (2 marks)

- i. lack of role models
- ii. stereotyping men players

b) Explain how stereotyping women in sport could influence their decision to participate. (2 marks)

Stereotyping women in sport might make them not to continue or go in to sport because they could feel that there is no chance.

The importance of sporting behaviour

Etiquette is polite, well-mannered socially respected behaviour.

There are certain unwritten rules that we should stick to: the actual rules of the game are fixed, but these unwritten rules are known as etiquette.

Each sport has its own code of behaviour.

□ Task 7 – For each sport give an example of etiquette by participants or the spectators.

| | | |
|----------|--|---|
| Golf | | <u>Spectators and players staying quiet when a player takes a shot.</u> |
| Football | | <u>Players respecting the rules.</u> |
| Rugby | | <u>Players looking for referee to discuss their behaviour.</u> |
| Tennis | | <u>Players shaking hands after a match before and after the match.</u> |
| Snooker | | <u>Spectators stay quiet when a player is taking a shot.</u> |

Shout outs/ praise

Masood Lorgat – Always has high standard work and achieved the highest score in the class on the end of unit assessment.

Key information/ dates for upcoming assessments

Friday 12th November – LO2 end of unit assessment

Revision advice

Students have revision booklets which they complete in lesson. These can be used as a revision tool in preparation for end of unit assessments. Students can also use eRevision, which they will be set up on this term.

Year 11 GCSE DANCE

Please ensure that your child comes to every lesson with the correct kit and a hair tie. This is essential as their practical work is filmed during lesson time, marked and sent to the exam board for moderation. They risk losing marks for safe practice without these fundamental items.

There are two components to GCSE Dance:

Component 1- Performance & Choreography (60% of the GCSE Dance Course):

Your child has completed the performance element of the course (30% of the entire GCSE), however they do still have the opportunity to refilm their performances if they wish to improve their mark. This would need to be scheduled in an after school session (please see below). We are now working on Choreography (30% of the GCSE) and students should have completed a research task over half term to prepare for this (see Class Charts).

Component 2: Dance Appreciation (40% of the GCSE Dance Course):

Your child will sit a written examination in the summer term (date to be confirmed). This exam will assess their written knowledge and communication of their own practical performances and performing skills, their knowledge of the choreographic process, and their understanding of the six professional set works that we have studied. They can begin to prepare for this now using the strategies listed below.

| <u>Revision Strategies</u> | <u>Intervention/Rehearsal Sessions</u> |
|---|--|
| <p>'Little and often = small gains = greater progress'</p> <ul style="list-style-type: none">• Spider diagrams• Flash cards• Posters• Question/key term grids• Past exam papers• Anthology Guides & Fact Files <p>Please remind and encourage students to check Class Charts weekly for homework, revision and rehearsal tasks.</p> <p><u>AQA GCSE Dance Subject content</u></p> | <p><u>After school Tuesday:</u> Year 11 GCSE students have a practical dance lesson p.5 on Tuesday so they can stay in the studio to rehearse for any final practical exam performances. If they require any specific one to one support please ask them to speak to me (Mrs Harris) or you can email me directly and we can arrange this.</p> <p><u>After School Wednesday:</u> DR1 (Dance studio) 2:55-3:55pm. GCSE drop in rehearsal.</p> |

Year 10 GCSE DANCE

Students have been learning about safe dance practice and the ingredients of dance. Before half term they completed written and practical assessments to test their knowledge of the above topics. We are currently developing our knowledge and understanding of the choreographic process. In preparation for an upcoming dance event, students will work to improve their performance skills.

What's happening?

What? Trust Dance Event- Sharing a group performance with other schools in the Trust.

When? Tuesday 23rd November 3:30pm-4:30pm

Where? Orchard Mead Academy

Teacher Contact Details:

If you have any questions about your child's exams or the requirements then please do not hesitate to contact your child's teacher below.

| Examination Groups | Email Address |
|--|--|
| Year 10 GCSE PE Mr Hill | lhill@orchard-tmet.uk |
| Year 10 OCR Sport Studies | HWeston@orchard-tmet.uk |
| Year 11 GCSE PE Miss Noble | jnoble@orchard-tmet.uk |
| Year Y11 OCR Sport Studies Mr Wing | twing@orchard-tmet.uk |
| Year 10 and Year 11 GCSE PE Dance Mrs Harris | lharris@orchard-tmet.uk |

Kind Regards,

Mr L Hill

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