

The Gilbert School

Part of the Alpha Trust



CPH/AHU/sun

January 2025

Dear Parent/Carer

Re: Year 10 GCSE PE Practical Sports Assessments

I am writing to provide important information regarding the Year 10 GCSE PE Practical Assessments, which will form a significant part of your child's final GCSE PE grade.

GCSE PE Practical Sports Requirements - Students are assessed in three categories of sports:

1. **Team Sport**
2. **Individual Sport**
3. **Open Sport** (the third highest-graded sport)

You can find the list of approved sports and additional details linked [here](#).

Each sport is graded out of 20, with most students scoring within **Level 2 and Level 3 (5–12 marks)**.

Students who **compete regularly outside of school and train in a specific sport** may achieve higher marks, especially if competing at **county, regional, or national level**.

Please note that achieving Level 5 (18–20 marks) is rare and typically applies to those competing at an advanced level in at least one sport.

If your child participates in a sport not currently offered in our curriculum (e.g., swimming), please inform their GCSE PE teacher so we can provide the necessary support and footage required for assessment purposes.

Supporting your child's progress

To ensure the best possible support for students as they prepare for their practical sports assessments, we would like to emphasise the importance of attending co-curricular PE clubs. Regular participation in these activities can positively impact the three required sports components by consolidating specific skills, drills and techniques, as well as rules and regulations.

We regularly send home updates of sessions that take place weekly. Please do get in touch if you would like this information again.

To further enhance this support, we will be hosting a **GCSE PE Co-Curricular Week**, beginning **Monday 3rd March**. This week will focus on providing opportunities to practice and refine the skills required for the assessed sports, aligning with the curriculum designed to maximize student performance.

We will be prioritising support and coaching for our GCSE cohort as part of their GCSE preparation.

Headteacher: Mr J Mitchell

Brinkley Lane, Colchester, Essex CO4 9PU

Tel: 01206 842211 Email: admin@gilberd.com Website: www.gilberd.com

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Registered office: Norman Way, Colchester, Essex CO3 3US



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How to Get Involved

Students will have the opportunity to sign up for activities during Co-Curricular Week, as outlined in the attached timetable. We encourage students to explore as many activities as possible to gain practical experience in both skill development and competitive situations.

If you have any questions or require further information, please do not hesitate to contact your child's GCSE PE teacher.

Thank you for your continued support in ensuring your child's success in their GCSE PE course.

Yours faithfully

Mrs C. Pharaoh
Curriculum Leader for PE

Mr A Hursey
2nd I/C for PE

Headteacher: Mr J Mitchell

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Week Commencing Monday 3rd March

- **GCSE PE Extra Curricular week.**

- We have given year 10 GCSE students the opportunity to attend as many of the clubs below, giving them exposure to multiple sporting opportunities delivered through the same examination process used during mock and actual moderations.
- Students will need to sign up to the activities in advance, so we can structure the session based on the numbers attending.
- We recommend students try to sign up to at least three during this week, but would recommend trying one an evening.
- Students will have the opportunity to try different activities, which they may not have already tried in GCSE PE and moving forward an idea of the requirements for each sport.
- The specification link is: <https://www.ocr.org.uk/Images/234827-gcse-guide-to-non-exam-assessment.pdf>
- Students will be required to complete for their year 11 GCSE in a team sport, individual sport and then the third is the next highest sporting activity.
- Competitive log: Students need to log everything they are doing out of school competition wise to support practical grades.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
After School Year <u>8,9,10&11</u> 15:20- 16:20	Climbing Boys & Girls Sign up 25 Max Rugby Boys & Girls Sign up 30 Max Northampton Saints	Netball Boys & Girls Sign up Badminton Boys & Girls Sign up	Football Boys & Girls Sign up Table Tennis Boys & Girls Sign up	Basketball Boys and Girls Sign up