

# The Gilbert School

Part of the Alpha Trust



CPH/sun  
January 2025

Dear Parents/Carers

## Re: GCSE PE Revision Sessions

The PE department will be running GCSE PE revision sessions, commencing on **Friday 24<sup>th</sup> January**.

These sessions will run every Friday after school from **15:20pm - 16:10pm** in the PE Extension.

The schedule for these revision sessions is outlined below.

17 <sup>th</sup> Jan	1.1a Skeletal System 1.1b Muscular System
24 <sup>th</sup> Jan	1.1c Movement Analysis
31 <sup>st</sup> Jan	1.1d Cardiovascular and Respiratory System
7 <sup>th</sup> Feb	1.1e Short- and Long-term effects of exercise on the body systems
14 <sup>th</sup> Feb	NON-PUPIL DAY
21 <sup>st</sup> Feb	HALF TERM
7 <sup>th</sup> Mar	1.2a Components of fitness 1.2b Methods and principles of training 1.2c Prevention of injuries
14 <sup>th</sup> Mar	2.1a Engagement patterns
21 <sup>st</sup> Mar	2.1b Commercialisation in sport 2.1c Ethical and socio-cultural issues in sport
28 <sup>th</sup> Mar	2.2 Sports Psychology
4 <sup>th</sup> Apr	2.3 Health Fitness and well being

Headteacher: Mr J Mitchell  
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Alpha Trust

Registered in England and Wales Company No 07755713

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



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Students are free to attend as and when they wish, in order to personalise their revision as much as possible. However, they must note their interest for each topic by registering their name on the relevant register, which can be located along the PE corridor.

Please encourage your child to attend, as these sessions will help support them in their exam preparation.

If you have any questions, please email your child's GCSE PE teacher in the first instance.

Yours faithfully

Mrs C. Pharaoh  
Curriculum Leader of PE

Headteacher: Mr J Mitchell

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