

The Gilbert School

Part of the Alpha Trust



GCSE PE Sep 2025

Dear Parents / Carers

Re: GCSE PE Revision Sessions

The PE department will be running GCSE PE revision sessions, commencing on Monday 10th November 2025. These sessions will run every **Monday** after school in the PE Extension from **15:20 – 16.00**.

The schedule for these revision sessions is outlined below.

Monday 10 th November	1.1a Skeletal System
Monday 17 th November	1.1b Muscular System
Monday 24 th November	1.1c Movement Analysis
Monday 1 st December	1.1d Cardiovascular and Respiratory System
Monday 12 th January	1.1e Short- and Long-term effects of exercise on the body systems
Monday 19 th January	1.2a Components of fitness
Monday 26 th January	1.2b Methods and principles of training
Monday 2 nd February	1.2c Prevention of injuries
Monday 9 th February	2.1a Engagement patterns
Monday 23 rd February	2.1b Commercialisation in sport
Monday 2 nd March	2.1c Ethical and socio-cultural issues in sport
Monday 16 th March	2.2 Sports Psychology
Monday 23 rd March	2.3 Health Fitness and well being

Students are free to attend as and when they wish, 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

Mr A. Hursey

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Alpha Trust

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