



Engage...Explore...Excel...



PE

	Start-up (KS3/4) (Preparation for GCSE)	Expansion (KS4/5) (Preparation for A Level)
Read	Look through GCSE PE textbooks Information on BBC bitesize	Autobiographies PE review articles
Watch	Newsround for current issues in sport – Deviance/Gender/Health and Obesity	Podcasts News articles – particularly on current issues in sport; Deviance/Gender/Health and Obesity. Your peers playing your sport and begin to familiarise yourself with analysing their strengths and weaknesses through observation.
Do	Attend extra-curricular clubs and fixtures as you need to be strong in a range of sports to be successful. Work hard in KS3 core PE to prepare yourself for assessments in GCSE Practical PE.	Regular training in your chosen sport. Compete regularly in your chosen sport. Record footage of yourself playing your chosen sport so you can have an idea of your practical score early on in the course.