



Enrichment Opportunities:

Support to enhance performance through technical, tactical, physiological and psychological information

Liaison with clubs and bodies to support performance

Leadership opportunities through Prefect system

Curricular trips to laboratories, etc.

Links with higher education providers

Resources/Reading:

BBC Sport Website:

<https://www.bbc.co.uk/sport>

Brianmac: <https://www.brianmac.co.uk/>
(good for potential GCSE candidates)

The Athletic: <https://theathletic.com/uk/>
(subscription required but excellent analysis of sporting issues and tactics)

'Making Sense of Sport' by Ellis Cashmore

'Bounce' by Matthew Syed

'The Sports Gene' by David Epstein

'Outliers' by Malcolm Gladwell

What do 'more able' and 'exceptionally able' look like in Exam PE?

More Able

More able students will demonstrate an extremely high level of performance in one particular sport, or a substantial knowledge of the content covered on the syllabus, including an ability to communicate and apply this knowledge

Exceptionally Able

Exceptionally able students will demonstrate a high level of performance in their sport (usually representative standard) AND a high level of subject knowledge and articulacy.

They will be able to apply their knowledge to a wide range of different sporting examples, demonstrating a strong understanding of the technical and tactical facets of those sports.

They will demonstrate an in-depth knowledge of high-level performance in their sport, including being able to make recommendations about how to improve performance.

They will be able to help others in developing their performance.

They may demonstrate an appetite for reading around the subject and developing their knowledge beyond the curriculum.

How can you help your son/daughter?

Encourage them to commentate on/explain sporting performances that they are watching

Conduct short quizzes/retrieval question tests to promote long-term memory retention

Ask them to elaborate on answers given to practice questions

Challenge them to apply their learning to sporting examples

Encourage them to watch a wide range of sporting performances