



06.07.2023

Dear Parent/ Guardian,

**Re: GCSE PE Tops**

Firstly, I would like to welcome your son/daughter to the GCSE Physical Education course we deliver at Ysgol Aberconwy. We hope that with the cooperation of your son/daughter and your continued support we can succeed in achieving the best possible outcome for your child.

With regards to the “make-up” of the course, it is made up of 42% practical sports and 58% theory (50% exam and 8% coursework). The practical attainment requires that your child participate in 3 sports, inclusive of 1 team and 1 individual sport (see attached list). If you could please encourage your child to attend a competitive club over the summer, if they are not already doing so, it will hugely benefit their chances of achieving the best grade possible.

We aim and strive to provide as many sports as possible in school, but to have that extra training and development of skills will hugely impact the marks given. Any sports that cannot be assessed on site e.g. Horse Riding or Boxing – will require video evidence to showcase skills during a competitive scenario.

Each year, we recommend the purchase of a GCSE PE top (Adidas training top) with your child’s surname & a random number printed on the back to give the students that extra sense of identity in their lesson. These are also hugely beneficial during practical moderations to help the examiner to identify students. The tops we offer cost £21.50. This price includes the embroidery of the school logo on the front, name printing on reverse and delivery.

We ask that you complete and return the order form below or use the following link/QR code to submit the form electronically: <https://forms.office.com/e/bNL4sVGkyL>  
Please remember to indicate the size of top you wish to purchase and include your child’s surname in block capitals.

**All payments must be made via the School Gateway app. FINAL DATE FOR ORDERS: 15/09/23**

Kind regards,

**Mr Callum Bennett**  
**Pennaeth Addysg Gorfforol / Head of Physical Education**



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**SURNAME (BLOCK CAPITALS):** .....

**Form Group:** .....

**SIZE OF TOP:** ..... (See reverse for sizing)

**Signed (parent/guardian):** .....

**Date:** .....

### GCSE Physical Education activity list

Candidates will be assessed in three activities from the following list, one of which will be a major activity carrying a higher weighting plus two minor activities each having a lower weighting. The major activity would require a written fitness programme to be linked to it in order to access the additional available marks. Each candidate must undertake at least one activity as a team activity. Excluded combinations are stated in the footnotes.

Team activities	Activities which can be undertaken as a team or individual activity <sup>1</sup>	Individual activities
Association football <sup>2</sup>	Badminton	Amateur boxing
Baseball	Dance <sup>7</sup>	Athletics (including Cross-country) <sup>10, 11</sup>
Basketball	Mountain walking <sup>15</sup>	Canoeing <sup>9</sup>
Camogie/Hurling	Orienteering <sup>18</sup>	Cycling <sup>11, 12, 13</sup>
Cricket	Rock climbing <sup>8</sup>	Diving <sup>14</sup>
Gaelic football	Sailing <sup>20</sup>	Equestrian <sup>15</sup>
Hockey <sup>3</sup>	Sculling <sup>9</sup>	Golf
Ice Hockey <sup>3</sup>	Table tennis	Gymnastics <sup>4</sup>
Lacrosse	Tennis	Judo
Netball	Lifesaving <sup>19</sup>	Karate <sup>17</sup>
Rowing <sup>9</sup>	Rhythmic gymnastics <sup>4</sup>	Kayaking <sup>9</sup>
Rounders	Specialist activities as a team or individual	Mountain biking <sup>13</sup>
Rugby league <sup>5</sup>	Polybat	Personal survival <sup>19</sup>
Rugby sevens <sup>5</sup>		Skiing <sup>16</sup>
Rugby union <sup>5</sup>		Snowboarding <sup>16</sup>
Synchronised swimming <sup>6</sup>		Squash
Volleyball		Surfing <sup>20</sup>
Water polo <sup>6</sup>		Swimming <sup>6, 11, 19</sup>
Specialist team activities		Taekwondo <sup>17</sup>
Blind cricket		Trampolining
Goalball		Triathlon <sup>11</sup>
Table cricket		Weightlifting
Powerchair football		Wind surfing <sup>20</sup>
Wheelchair basketball		Specialist individual activities
Wheelchair rugby		Boccia

**Notes**

- 1 Where any of these is used as the candidate's team activity, it must be assessed in the team mode only (e.g. tennis doubles) and the individual version of the activity cannot then be used as a separate activity for that candidate (e.g. tennis singles could not then be assessed)
- 2 Association football cannot be five-a-side nor futsal
- 3 Hockey and ice hockey cannot be assessed with each other (must not be roller hockey)
- 4 Gymnastics and rhythmic gymnastics cannot be assessed with each other
- 5 Rugby league, rugby sevens and rugby union cannot be assessed with each other
- 6 Swimming, synchronised swimming and water polo cannot be assessed with each other
- 7 Dance can contribute as one activity only, i.e. multiple forms do not provide additional activities
- 8 Rock climbing can be indoor or outdoor
- 9 Canoeing, kayaking, rowing and sculling cannot be assessed with each other
- 10 Athletics (including cross-country) can contribute as one activity only
- 11 Disciplines within a triathlon i.e. medium and long distance running (including cross-country), cycling and swimming, cannot be assessed as well as triathlon
- 12 Cycling can contribute as one activity only, i.e. multiple forms do not provide additional activities
- 13 Cycling and mountain biking cannot be assessed with each other
- 14 Diving is platform diving only
- 15 Equestrian can contribute as one activity only, i.e. multiple forms do not provide additional activities
- 16 Skiing and snowboarding can be on artificial slopes or on snow but cannot be assessed with each other
- 17 Karate and Taekwondo cannot be assessed with each other
- 18 Mountain walking and orienteering cannot be assessed with each other
- 19 Personal survival, lifesaving and swimming cannot be assessed with each other
- 20 Sailing, surfing and wind surfing cannot be assessed with each other

**Size Charts:**

<b>adidas Tops</b>	
<b>Product Label</b>	<b>Size</b>
XXS	0-2
XS	4-6
S	8-10
M	12-14
L	16-18
XL	20-22
2XL	24-26

<b>Size</b>	<b>Chest (cm)</b>
<b>XS (40-42)</b>	<b>82-87 cm</b>
<b>S (44-46)</b>	<b>88-94 cm</b>
<b>M (48-50)</b>	<b>95-102 cm</b>
<b>L (52-54)</b>	<b>103-111 cm</b>
<b>XL (56-58)</b>	<b>112-121 cm</b>