

December 2025

Dear Parent/Carer

RE: GCSE PE PEP (Personal Exercise Programme)

We hope you and your family are well at this time and looking forward to the festive season. We are writing to you regarding your child's GCSE PE coursework.

The Personal Exercise Programme (PEP) makes up 10% of the overall course. Students have been given all the supporting documents needed to write their PEP. All information provided supports them in achieving the highest possible marks in their studies. These supporting documents can also be accessed on Class Charts.

We require all students to be proactive when completing their PEPs, which requires a lot of independent work. Students have also been given the opportunity to attend Period 6 intervention, as well as completing their PEP in lessons. We would appreciate it if you could ensure they complete this coursework diligently. A selection of the PEPs will be requested by the moderator so they must be of the highest quality.

The deadline for PEPs to be completed and handed in is on Thursday 11th December 2025.

This will be the first time they will have handed in the fully completed study. The study will be given a mark to reflect the level it has achieved. After this date, we will no longer focus on this component and concentrate on the practical and theoretical components of the course, ready for practical moderation and exams. Some students will be directed to attend after school catch up if their PEP studies have any element incomplete or are not at the required level.

Please ask your son/daughter to refer to the PEP documents and guidance, as well as the exemplar studies which they have access to. This clearly lays out the requirements for each element of the PEP.

Completed PEPs must include:

- Full word-processed written PEP with all elements on the checklist - **Must be printed out (1500 words maximum)**
- Completed PAR-Q
- Bar charts comparing performance and fitness data
- Completed evaluation of the full study
- Appendix (with all supporting evidence included)
- Training Record Forms – **a minimum of six forms** that are referred to in their PEP and match what they have outlined in their training programme.

Thank you for your continued support. Please do not hesitate to contact us if you have any queries.

Yours faithfully



Ms E O'Connor
Headteacher



Mr Minshull
Head of PE