

Department: PE

Term   3  

Person leading of H/W: SWI /DCH/AAD

Year group	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
7	In the sport you are learning, research: How the game starts, How you score points, How you restart the game after scoring a point.	In the sport you are learning, research 3 new rules.	Research the main muscle used in body actions for that sport.	For the sport you are learning, research and learn the court/ pitch markings. Explain why these lines are significant.	Write a self-reflection on the sports you have taken part in over the past 6 weeks. What have I done well? What could I improve in?	Define 'Strength' as component of fitness. Give an example of when you would need this in your sport and why.
8	In the sport you are learning, research: How the game starts, How you score points, How you restart the game after scoring a point.	In the sport you are learning, research 3 new rules.	Research the main bones used in body actions for that sport.	For the sport you are learning, research and learn the court/ pitch markings. Explain why these lines are significant.	Write a self-reflection on the sports you have taken part in over the past 6 weeks. What have I done well? What could I improve in?	Define 'Strength' as component of fitness. Give an example of when you would need this in your sport and why.
9 GCSE	Independent research on the structure of the heart and the route taken by blood through the heart	Complete consolidation task on the role of red blood cells in the respiratory system	Consolidation and practice of reading and interpreting graphs and data which show heart rate and effect of physical activity on heart rate, compared to at rest.	Pre-reading of the respiratory system key terms and phrases to gain understanding.  Answer comprehension questions	Answer ALL revision questions designed specifically with command words used to practice prepare for GCSE practice questions	Complete half term homework booklet

<p>10 GCSE</p>	<p>a. Fill in the chart to outline the benefits of a warm up and cool down for preventing injury b. Topic reading 1.3c 'Hazards' and 'Risk assessment'. Highlight 5 areas</p>	<p>c. Fill in PEEL grid to answer exam question on injury d. Pre-reading of topic 2.2 Sport psychology 'skill' &amp; make notes</p>	<p>a. Learn key 'skill' definition b. Pre-reading of 'skill' in sport psychology chapter</p>	<p>a. Fill in PEEL grid to answer exam question b. Pre-reading topic 2.2 Sport psychology 'continuums'. Make notes</p>	<p>a. Learn key 'goal setting terms' definition b. Pre-reading topic 2.2 Sport psychology 'goal setting'. Make notes</p>	<p>a. Complete half term homework task.</p>
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