

	responsibility in PE in the next two weeks?	Activity block might you use to take responsibility.
Homework 6	Title: Attainment Levels	Title: Attainment Levels
	Details: Using the levelling cards set yourself a target level in the new activity block.	Details: Consider what you need to do in order to achieve your target level in the new Activity block.
Homework 7	Title: Rules and Regulations	Title: Rules and Regulations
	Details: Research the rules and regulations for your current activity. Football/Badminton/Gym/HFWB	Details: What is the importance of having rules and regulations for each sport?
Homework 8	Title: Warm up	Title: Warm up
	Details: Research a warm up specific to your activity.	Details: Plan your own warm up for your chosen sport.
Homework 9	Title: The importance of a warm up	Title: The importance of a warm up
	Details: Research the importance of a warm up specific to your current activity. HFWB/Dance/Fitness/Badminton	Details: Plan your own warm up for your chosen sport and deliver your warm up to a group of pupils.
Homework 10	Title: Skills	Title: Skills
	Details: Research the different types of skills required for your current activity.	Details: Explain when and why each type of skill may be used within your chosen sport.
Homework 11	Title: Attainment Levels	Title: Attainment Levels
	Details: Using the Levelling cards I would like you to consider what level you think you have achieved in the last Activity block.	Details: Using the Levelling cards I would like you to target yourself for improving in this activity.
Homework 12	Title: The importance of exercise	Title: The importance of exercise

	Details: Research the importance of exercise and the effect it has on your heart and lungs.	Details: Explain what changes may occur to your body after exercise.
Homework 13	Title: Fitness and Athletics	Title: Fitness and Athletics
	Details: Research the following activities: <u>Fitness</u> Continuous training Fartlek training Interval training <u>Athletics</u> Track Activities Field Activities	Details: Fitness – Research how these types of fitness affect your sport. Athletics – Consider which types of activities you maybe better suited to and explain why.
Homework 14	Title: Attainment Levels	Title: Attainment Levels
	Details: Using the levelling cards set yourself a target level in the new activity block.	Details: Consider what you need to do in order to achieve your target level in the new Activity block.
Homework 15	Title: Athletics	Title: Athletics
	Details: Pick one of the following activities and develop your understanding of the required technique. 100m Sprint https://youtu.be/JCAY6CjF-o0 Long Jump https://youtu.be/RTTz6RXwDcE Javelin https://youtu.be/IOAVYEnjo0E	Details: What fitness training might you be able to do to improve your performance in the 100m sprint/Long Jump/Javelin .
Homework 16	Title: Rules and Regulations	Title: Rules and Regulations
	Details: Research the rules and regulations for your current activity.	Details: What is the importance of having rules and regulations for each sport?

Homework 17	Title: Fielding skills	Title: Fielding skills
	Details: Research the different throwing and catching techniques for your activity.	Details: What type of training can you do to improve your performance in these activities.
Homework 18	Title: Attainment Levels	Title: Attainment Levels
	Details: Using the Levelling cards I would like you to consider what level you think you have achieved in the last Activity block.	Details: Using the Levelling cards I would like you to target yourself for improving in this activity.
Homework 19	Title: Celebrate Excellence	Title: Celebrate Excellence
	Details: What have accomplished in PE over the year?	Details: Explain how you have achieved these accomplishments in PE over the year.
Homework 20	Title: How can you improve your fitness?	Title: How can you improve your fitness?
	Details: Plan how you can improve your fitness over the six week holiday.	Details: Explain how you have improved your fitness over the six week holiday.