

.At St Cenydd...

- We believe homework is a key part of school life. It allows students to develop their skills and knowledge independently and can be the difference between good and excellent progress.
- We strive for all of the homework we set to be engaging and challenging, but above all worthwhile.
- We expect students to complete all their homework and contact their teachers if they have a problem with their homework.

You must complete either the core homework OR the challenge homework.

	Core Gwaith Cartref	Challenge Gwaith Cartref
Homework 1	Title: Games Activities	Title: Games Activities
	Details: You need to research and a technique used to perform a skill in Rugby/Netball. You may be asked to explain these in your lessons!	Details: Can you explain why this technique improves the performance of the skill.
Homework 2	Title: Aspiring in Sport	Title: Aspiring in Sport
	Detail: Research a player/sports performer that you aspire to be like in the future. You may be asked to describe your player/sports performer and explain why you aspire to be like them.	Detail: What might you plan to do to be able to achieve like your chosen sports performer.
Homework 3	Title: Taking Pride	Title: Taking Pride
	Details: How can you ensure you take pride in PE over the next two weeks?	Details: What do you think Taking Pride in PE will help you to achieve?
Homework 4	Title: Achievement in PE	Title: Achievement in PE
	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 5	Title: Warm up	Title: Warm up
	Details: Research a relevant warm up for your activity and prepare to deliver	Details: Research static, dynamic & passive stretches you can do with a

	it.	partner.
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: HFWB/Gymnastics/ Football/Racket sports.	Title: HFWB/Gymnastics/ Football/Racket sports.
	Details: Research how you can work with a partner/group to practise & improve a skill.	Details: Plan a drill to improve that specific skill.
Homework 8	Title: HFWB/Gymnastics/ Football/Racket sports.	Title: HFWB/Gymnastics/ Football/Racket sports.
	Details: Research a team/group tactic for your activity	Details: Be ready to explain, practise and use this tactic in your next lesson.
Homework 9	Title: Achievement in PE	Title: Achievement in PE
	Details: Using the levelling cards and what you have learnt during this activity, decide what level you think you are currently working at.	Details: Identify what you need to do to move up to the next level.
Homework 10	Title: Warm up	Title: Warm up
	Details: Research why a pulse-raising warm-up is needed before stretching for your activity.	Details: Take a partner/group through an appropriate warm-up for your activity
Homework 11	Title: Fitness	Title: Fitness
	Details: Research the type/s of fitness used in your activity and/or the type/s of fitness you want to develop.	Details: Design and carry out an activity-specific practice for your next lesson.
Homework 12	Title: Attainment Levels	Title: Attainment Levels
	Details: Using the levelling cards set yourself a target level in the new	Details: Consider what you need to do in order to achieve your target level in

	activity block.	the new Activity block.
Homework 13	Title: Fitness/Athletics	Title: Fitness/Athletics
	Details: Research which types of fitness would be most important for which athletics events	Details: Which is your best athletics event and which type/s of fitness does this use?
Homework 14	Title: Fitness/Athletics	Title: Fitness/Athletics
	Details: Research how distance running affects the health of your heart and lungs.	Details: Explain what is meant by cardio-vascular and cardio-respiratory fitness.
Homework 15	Title: Achievement	Title: Achievement
	Details: Using the levelling cards and what you have learnt during this activity, decide what level you think you are currently working at.	Details: Identify what you need to do to move up to the next level.
Homework 16	Title: Athletics/Rounders/ Baseball	Title: Athletics/Rounders/ Baseball
	Details: Research playing positions and officiating roles in your activity.	Details: Identify the rules and regulations associated with certain playing positions / athletics events.
Homework 17	Title: Athletics/Rounders/ Baseball	Title: Athletics/Rounders/ Baseball
	Details: Plan a tactic to beat an opponent in your activity.	Details: Be ready to use this tactic in your next lesson.
Homework 18	Title: Athletics/Rounders/ Baseball	Title: Athletics/Rounders/ Baseball
	Details: Using the levelling cards and what you have learnt during this activity, decide what level you think you are currently working at.	Details: Identify what you need to do to move up to the next level.
Homework 19	Title: Athletics	Title: Athletics
	Details: Identify an event you want to improve and research how you can	Details: Attend extra-curricular to get extra coaching to improve your

	improve it..	performance in the chosen event.
Homework 20	Title: Fitness	Title: Fitness
	Details: Plan a 6 week training programme with a friend/s or family to improve your fitness over the summer holiday.	Details: Work out how you will know if your fitness has improved. If it didn't improve, why do you think this is?