

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 identify tactics in Rugby/Netball. You may be asked to explain these in your lessons!	Details: Explain when you might use these tactics or adapt them in a game situation.
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: Skilful Performance	Title: Skilful Performance
	Details: Identify the skills required in these clips https://youtu.be/gC2ZLM6rTy4	Details: Identify the skills required in these clips and understand which skills you need for your chosen sport

	https://youtu.be/JeCnvwIRO5Y	https://youtu.be/gC2ZLM6rTy4 https://youtu.be/JeCnvwIRO5Y
Homework 6	Title: Tactics of games	Title: Tactics of games
	Details: Understand tactics used in games https://youtu.be/1o0cFEnRl-8 https://youtu.be/NncEwM2ssfK	Details: Understand tactics used in games and identify how you can use the tactics in your chosen sport https://youtu.be/1o0cFEnRl-8 https://youtu.be/NncEwM2ssfK
Homework 7	Title: What components of fitness are important in your sport.	Title: Components of Fitness
	Details: Identify the components of fitness that are most important in your favourite sport. For example in Gymnastics - flexibility/balance/power/strength are all important components. Badminton - coordination/power/agility are all important components.	Details: Assess what components of fitness are important to your sport and identify your strengths and areas for development.
Homework 8	Title: Creative activities	Title: Creative activities
	Details: How can you use variation in creating a gymnastics sequence or dance routine: https://quizlet.com/29333273/choreographic-devices-flash-cards/ https://youtu.be/iWftPMCv_vc	Details: Apply these principles to your sequence and routine
Homework 9	Title: Understand the training required for certain sports	Title: Improving your performance in certain sports.
	Details: Using the following links research training required: https://youtu.be/96tK1BAqIk4 https://youtu.be/gyC2D_rn_mI	Details: Use the following link to help you research: https://youtu.be/SKu1L8v0Yq8
Homework 10	Title: Badminton	Title: Badminton

	Details: Use the following link to research the rules of badminton: https://youtu.be/UyLIi-TbcFc	Details: Use the following link to help you research how you would enforce them in a game: https://youtu.be/RWrD5FZAYrE
Homework 11	Title: Short Term Effects of exercise	Title: Short term effects of exercise
	Details: Research the short term effects of exercise.	Details: Understand why these changes happen to your body when you start exercise
Homework 12	Title: Long term benefits of exercise	Title: Long term benefits of exercise
	Details: Research the long term effects of exercise: https://youtu.be/FiPvrN-QeTE	Details: Understand why these changes happen to your body when you exercise regularly
Homework 13	Title: Methods of training	Title: Methods of training
	Details: Research 2 of the following methods of training; Continuous, fartlek, circuit, plyometrics, interval and weight training.	Details: Research 2 of the following methods of training; Continuous, fartlek, circuit, plyometrics, interval and weight training and plan a short session in one method of training.
Homework 14	Title: Principles of training	Title: Principles of training
	Details: Research the principles of training from the acronym SPORT	Details: Understand the principles FITT (frequency, intensity, time and type of exercise)
Homework 15	Title: Diet and Nutrition	Title: Diet and Nutrition
	Details: Research the dangers of energy drinks.	Details: Explain a balanced diet and what a sports person may drink.
Homework 16	Title: Weight Training	Title: Weight Training
	Details: What do the terms reps and sets mean in terms of weight training. How would you use them to develop	Details: Using your knowledge about reps and sets how would you manipulate these factors to develop

	strength?	(a) Strength (b) Power (c) Muscular Endurance
Homework 17	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 18	Title: How to play rounders/baseball	Title: How to play rounders/Baseball
	Details: Research the rules and regulations: https://youtu.be/f5Lxiy9_L9Q https://youtu.be/XJJHQ9Tebcs	Details: Use the rules you have learnt and umpire a game in a PE lesson.
Homework 19	Title: Athletics	Title: Athletics
	Details: what type of training would improve sprinting? https://youtu.be/cT6IFPMeysk	Details: How would your training differ if you wanted to improve long distance training?
Homework 20	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.