



Physical Education Homework - Year 9

Autumn 1

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Body Systems' topics.</p> <p>Watch the podcast on 'CV response to exercise' and complete the Quiz</p>	<p>2. Read the article on tips on how to fall asleep</p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p> <p>1 x Achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'Body Systems' topics.</p> <p>Watch the podcast on 'Respiratory system response to exercise' and complete the Quiz</p>	<p>5. Read the article on types of injuries and injury treatment - take this onboard when playing sport in the future</p> <p>COMPULSORY TASK</p>	<p>6. Can you attend more than one sports clubs after school? Look at the PE extracurricular timetable on the school website.</p> <p>1 x Achievement mark for every club attended</p>
<p>7. Log into your Everlearner account on the 'Body Systems' topics.</p> <p>Watch the podcasts on 'Muscular response to exercise' and complete the Quiz</p>	<p>8. Read the article on 'The Bodies response to exercise'.</p>	<p>9. Watch the film on common sporting injuries and how to prevent them from occurring</p>



Physical Education Homework - Year 9
Autumn 2

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Body Systems' topics.</p> <p>Watch the podcasts on 'Skeletal response to exercise' and complete the Quiz</p>	<p>2. Read the article on Volleyball tactics</p>	<p>3. Research the History of football and its origins</p> <p>1 x Achievement mark if achieved</p>
<p>4. Log into your Everlearner account on the 'Injuries' topics.</p> <p>Watch the podcasts on 'Acute injuries' and complete the Quiz</p>	<p>5. Read the article Battle against injury and illness</p> <p>COMPULSORY TASK</p>	<p>6. When was the first competitive game of Rugby played and what were the teams called?</p>
<p>7. Log into your Everlearner account on the 'Injuries' topics.</p> <p>Watch the podcasts on 'Chronic injuries' and complete the Quiz</p>	<p>8. Year 9 PE reading ideas</p> <p>Choose one of the books listed in the Year 9 PE reading ideas to read</p>	<p>9. Watch the video and see if you can apply the tactics in your badminton lessons</p>



Physical Education Homework - Year 9
Spring 1

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Injuries' topics.</p> <p>Watch the podcasts on 'Injury Rehabilitation' and complete the Quiz</p>	<p>2. Read the article on tips on how to recover quicker from exercise</p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p> <p>1 x Achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'Recovery Process' topics.</p> <p>Watch the podcasts on 'Recovery' and complete the Quiz</p>	<p>5. Read the article on concussion and injury prevention</p> <p>COMPULSORY TASK</p>	<p>6. Can you attend more than one sports club after school? Look at the PE extracurricular timetable on the school website.</p> <p>1 x Achievement mark for every club attended</p>
<p>7. Log into your Everlearner account on the 'Recovery Process' topics.</p> <p>Watch the podcasts on 'Speeding up recovery' and complete the Quiz</p>	<p>8. Read the article on how diet and nutrition effects performance levels</p>	<p>9. Watch the film on training in extreme heat and identify how the body adapts to such conditions</p>



Physical Education Homework - Year 9
Spring 2

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Injuries' topics.</p> <p>Watch the podcasts on 'Injury Rehabilitation' and complete the Quiz</p>	<p>2. Read the article on the Why game play is just as important as a tactical approach</p>	<p>3. Plan your own warm up for a sport of your choice to pulse raising and stretching. Also, name the muscles being stretched.</p>
<p>4. Log into your Everlearner account on the 'Recovery Process' topics.</p> <p>Watch the podcasts on 'Recovery' and complete the Quiz</p>	<p>5. Read the article How to Speed Up Your Recovery</p> <p>COMPULSORY TASK</p>	<p>6. Develop a practice for a sport of your choice that you could lead to the class.</p>
<p>7. Log into your Everlearner account on the 'Recovery Process' topics.</p> <p>Watch the podcasts on 'Speeding up recovery' and complete the Quiz</p>	<p>8. Year 9 PE reading ideas</p> <p>Choose one of the books listed in the Year 9 PE reading ideas to read.</p>	<p>9. Watch the video on injuries' and write a summary</p> <p>1 x Achievement point</p>



Physical Education Homework - Year 9
Summer 1

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Long term adaptations' topics.</p> <p>Watch the podcasts on 'CV adaptations' and complete the Quiz</p>	<p>2. <u>Read the article on the Responses of the body to exercise</u></p>	<p>3. Attend a summer extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p> <p>1 x Achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'Long term adaptations' topics.</p> <p>Watch the podcasts on 'Respiratory adaptations' and complete the Quiz</p>	<p>5. <u>Read the article on different training methods to improve fitness levels</u></p> <p>COMPULSORY TASK</p>	<p>6. Can you attend more than one sports club after school? Look at the PE extracurricular timetable on the school website.</p> <p>1 x Achievement mark for every club attended</p>
<p>7. Log into your Everlearner account on the 'Long term adaptations' topics.</p> <p>Watch the podcasts on 'Muscular adaptations' and complete the Quiz</p>	<p>8. <u>Read the article on advantages and disadvantages of strength training for teenagers</u></p>	<p>9. <u>Watch the film on how to speed up the recovery process in sport</u></p>



Physical Education Homework - Year 9
Summer 2

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Long term adaptations' topics.</p> <p>Watch the podcasts on 'Skeletal adaptations' and complete the Quiz</p>	<p>2. Read the article on the History of athletics</p>	<p>3. Create a fact sheet on the History of Cricket.</p> <p>1 x Achievement point</p>
<p>4. Log into your Everlearner account on the 'Exercising in different conditions' topics.</p> <p>Watch the podcasts on 'Exercising in heat' and complete the Quiz</p>	<p>5. Read the article on exercise safely in hot weather</p> <p>COMPULSORY TASK</p>	<p>6. Watch this Inspirational video</p> <p>What are the world record times for 100m 200m and 400m and what year were the records set?</p>
<p>7. Log into your Everlearner account on the 'Exercising in different conditions' topics.</p> <p>Watch the podcast on 'Exercising in cold' and complete the Quiz</p>	<p>8. Read the article on benefits of winter exercise</p>	<p>9. Watch a Wimbledon tennis game and write a short match report.</p> <p>2 x Achievement points</p>