



Physical Education Homework - Year 7

Autumn 1

Retrieval	Reading	Rewarding
<ol style="list-style-type: none">1. Log into your Everlearner account on the topic 'Energy requirements'<ul style="list-style-type: none">- Watch the podcasts- Complete the quiz, aiming for at least 70%	<ol style="list-style-type: none">2. Find a match report of your favourite sports team and use a highlighter to identify the strengths and weaknesses of their performance	<ol style="list-style-type: none">3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).
<ol style="list-style-type: none">4. Find an article on 'What is a balanced diet?' and write a review of the article.<ul style="list-style-type: none">- Watch the podcasts- Complete the quiz, aiming for at least 70%		<ol style="list-style-type: none">5. Write a review of your team's performance in a recent fixture e.g. what were the strengths and weaknesses of the team, what do you need to do differently next time to perform to a higher standard.
<ol style="list-style-type: none">6. Take the Checkpoint 1 task on Everlearner to review your knowledge on energy and a balanced diet		<ol style="list-style-type: none">7. <u>Watch the short documentary on Racism in Sport.</u> Share your opinions on the impact that racism has on society and sport as a whole with your teacher.



Physical Education Homework - Year 7
Autumn 2

Retrieval	Reading	Rewarding
1. Find a match report of your favourite sports performer, and use a highlighter to identify the strengths and weaknesses of their performance.	2. Log into your Everlearner account on the topics 'Carbohydrates'. <ul style="list-style-type: none">- Watch the podcast on both topics- Complete the quiz, aiming for at least 70%	3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).
4. Log into your Everlearner account on the 'Proteins'. <ul style="list-style-type: none">- Watch the podcast- Complete the quiz, aiming for at least 70% COMPULSORY	5. Find an article on a performer's diet and how it supports them to achieve greatness in their field of sport.	6. Log into your Everlearner account on the 'Fats'. <ul style="list-style-type: none">- Watch the podcast- Complete the quiz, aiming for at least 70% COMPULSORY
7. Share your opinions on the impact diet. Are You Eating for Performance, Health, or Appearance? https://www.youtube.com/watch?v=JgZSFkPrk24	8. Take a photo of you playing your favourite sport. Why is it your favourite sport?	9. Write a review of your own personal performance in a recent fixture e.g. what were the strengths and weaknesses of your performance, what do you need to do differently next time to perform to a higher standard?



Physical Education Homework - Year 7 Spring 1

Retrieval	Reading	Rewarding
<p>1. Read an article on your 'Sporting Hero', explaining what it is that inspires you about them e.g. skill levels, fitness levels, mental strength.</p>	<p>2. Log into your Everlearner account and watch the podcasts on 'Vitamins'</p> <ul style="list-style-type: none">- Watch the podcast- Complete the quiz, aiming for at least 70% <p>COMPULSORY</p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p>
<p>4. Log into your Everlearner account and watch the podcasts on 'Minerals'</p> <ul style="list-style-type: none">- Watch the podcast- Complete the quiz, aiming for at least 70% <p>COMPULSORY</p>	<p>5. Find an article on 'Motivation in Sport' and write a review of the article. Explaining how motivation levels lead to a higher level of performance.</p>	<p>6. Log into your Everlearner account and watch the podcasts on 'Fibre'</p> <ul style="list-style-type: none">- Watch the podcast- Complete the quiz, aiming for at least 70% <p>COMPULSORY</p>
<p>7. <u>Watch the short clip on the benefits of exercise.</u></p> <p>Share your opinions on what changes you could change your lifestyle to be more active with your teacher.</p>	<p>8. Can you attend more than one sports club after school? Look at the PE extracurricular timetable on the school website.</p>	<p>9. Read a sporting biography of your choice and write a review, stating what you enjoyed about the book.</p>



Physical Education Homework - Year 7
Spring 2

Retrieval	Reading	Rewarding
<p>1. Write an article on your 'Sporting Hero', explaining what it is that inspires you about them e.g. skill levels, fitness levels, mental strength.</p>	<p>2. Create a poster on 'Minerals and Vitamin', retrieving information from the last half term.</p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p>
<p>4. Log into your Everlearner account and watch the podcasts on 'Water'</p> <ul style="list-style-type: none">- Watch the podcast- Complete the quiz, aiming for at least 70% <p>COMPULSORY</p>	<p>5. Find an article on your sporting hero and write a review of the article. Explaining how motivation levels lead to them being successful in their performances.</p>	<p>6. Log into your Everlearner account and take 'Checkpoint 2'</p> <ul style="list-style-type: none">- Aim for at least 70% <p>COMPULSORY</p>
<p>7. https://www.youtube.com/watch?v=zGgHx_A8Xjk</p> <p>Share your opinions on what changes you could make within your training sessions to be more active with your teacher.</p>	<p>8. Attend a Basketball First Team game and watch the Basketball Academy play a game after school.</p>	<p>9. Read a fictional sports book of your choice and write a review, stating what you enjoyed about the book.</p>



Physical Education Homework - Year 7 Summer 1

Retrieval	Reading	Rewarding
<p>1. Are Sky Sports and Pay Per View subscriptions destroying sport?</p> <p>Write an argument about the advantages and disadvantages that both bring to sport.</p>	<p>2. Log into your Everlearner account on the topics 'BMI'.</p> <ul style="list-style-type: none">- Watch the podcast- Complete the test, aiming to achieve at least 70% <p>COMPULSORY</p>	<p>3. Attend a summer extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p>
<p>4. Log into your Everlearner account on the topics 'Obesity'.</p> <ul style="list-style-type: none">- Watch the podcasts- Complete the test, aiming to achieve at least 70% <p>COMPULSORY</p>	<p>5. Find an article on 'Training Methods in Sport' and write a review of the article. Explaining how their specific training methods benefit their performance levels.</p>	<p>6. Log into your Everlearner account on the topics 'Eating disorders'.</p> <ul style="list-style-type: none">- Watch both podcasts.- Complete both tests, aiming to achieve at least 70% <p>COMPULSORY</p>
<p>7. <u>Watch the documentary on Lance Armstrong taking Performance Enhancing Drugs and cheating.</u></p> <p>Share your opinions on the impact that taking Performance Enhancing Drugs has on society and sport as a whole with your teacher.</p>	<p>8. Can you attend more than one summer sports clubs after school - look at the PE extracurricular timetable on the school website</p>	<p>9. Write an article explaining why a large number of Tour De France cyclists use Performance Enhancing Drugs. What benefits do they get from taking such drugs, but also explain the dangers and side effects associated with taking such drugs.</p>



Physical Education Homework - Year 7
Summer 2

Retrieval	Reading	Rewarding
<p>1. What is the golden triangle in sport?</p> <p>Write an argument about the advantages and disadvantages of the golden triangle in your work.</p>	<p>2. Create a poster, retrieving information from the last half term.</p>	<p>3. Attend a summer extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p>
<p>4. Log into your Everlearner account on the topics 'Obesity'.</p> <ul style="list-style-type: none">- Watch the podcasts- Complete the test, aiming to achieve at least 70%	<p>5. Find an article on a sports persons training plan and write a review of the article. Explaining how their specific training methods benefit their performance levels.</p>	<p>6. Create a poster on 'types of Vegetarianism and Veganism' retrieving information from the last half term.</p>
<p>7. https://www.youtube.com/watch?v=pDQX_6d4Pr8</p> <p>Share your opinions on the impact that taking Performance Enhancing Drugs has on society and sport as a whole with your teacher.</p>	<p>8. Can you attend more than one summer sports club after school? Look at the PE extracurricular timetable on the school website.</p>	<p>9. Find an article on equal pay in tennis, and write about how it has developed over the last few years.</p>