



Physical Education Homework - Year 8  
Autumn 1

Retrieval	Reading	Rewarding
<p>1. Log in to your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'Body systems and health'</li><li>● Complete the test for this topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>2. <a href="#"><u>Read the article on the health benefits of regular exercise</u></a></p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p> <p>One achievement mark if achieved!</p>
<p>4. Log in to your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'What is good health?'</li><li>● Complete the test for this topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>5. <a href="#"><u>Read the article on the brain and nervous system.</u></a></p> <p><b>COMPULSORY TASK</b></p>	<p>6. <a href="#"><u>Watch the film on 'How exercise benefits your health'.</u></a> Share your opinions on what changes you could change your lifestyle to be more active with your teacher.</p> <p>One achievement mark if achieved!</p>
<p>7. Log in to your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'The effect of exercise on health'</li><li>● Complete the test for this topics</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>8. <a href="#"><u>Read the article on the respiratory system</u></a></p>	<p>9. Can you attend more than one sports club after school? Look at the PE extracurricular timetable on the school website.</p> <p>One achievement mark for every club attended</p>



Physical Education Homework - Year 8  
Autumn 2

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'The brain and nervous system'</li><li>● Complete the test for the topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>2. <a href="#">Read this article on the impact of a sedentary lifestyle</a></p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs' timetable on the school website).</p> <p>One achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'The respiratory system'</li><li>● Complete the test for the topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>5. <a href="#">Read this article on Diet and Nutrition</a></p> <p><b>COMPULSORY TASK</b></p>	<p>6. Watch Ronaldo vs Messi: Face off! on Netflix</p> <p>Write a short summary about what you learnt, and share this with your teacher</p>
<p>7. Log into your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'The CV system'</li><li>● Complete the test for the topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>8. <a href="#">Read this article on the muscular system</a></p>	<p>9. Can you attend more than one sports clubs after school - look at the PE extracurricular timetable on the school website.</p> <p>One achievement mark for every club attended.</p>



Physical Education Homework - Year 8  
Spring 1

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'The skeletal system'.</li><li>● Complete the test for the topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>2. <a href="#">Read the article on the skeletal system</a></p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p> <p>One achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'Muscular System' &amp; 'Digestive System'</li><li>● Complete the test for Checkpoint 2</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>5. <a href="#">Read this article on Blood and Circulation</a></p> <p><b>COMPULSORY TASK</b></p>	<p>6. Watch the Rising Phoenix Documentary Write a short summary about the barriers people face when competing in disability sports and how they can be overcome.</p>
<p>7. Log into your Everlearner account on the 'Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Complete Checkpoint 1 and 2</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>8. <a href="#">Read the article on digestive system</a></p>	<p>9. Can you attend more than one sports clubs after school - look at the PE extracurricular timetable on the school website</p> <p>One achievement mark for every club attended</p>



Physical Education Homework - Year 8  
Spring 2

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'Respiration'.</li><li>● Complete the test for the topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>2. <a href="#">Read this article on keeping fit and healthy in sport</a></p>	<p>3. Attend an extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p> <p>One achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'Aerobic energy'</li><li>● Complete the test for Checkpoint 2</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>5. <a href="#">Read this article on preventing injuries in sport</a></p> <p><b>COMPULSORY TASK</b></p>	<p>6. <a href="#">Watch the film on 'How the Digestive System works'</a>.</p>
<p>7. Log into your Everlearner account on the 'Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'Anaerobic energy'</li><li>● Complete the test for topics</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>8. <a href="#">Read this article on physical mental and social well-being in sport</a></p>	<p>9. Can you attend more than one sports club after school - look at the PE extracurricular timetable on the school website</p> <p>One achievement mark for every club attended</p>



## Physical Education Homework - Year 8 Summer 1

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Contracting muscles'.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'How muscles contract'</li><li>● Complete the test for the topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>2. Select any sports autobiography to read.</p> <p>Wayne Rooney: Teenage Kicks - The Street Footballer Who Ruled The World by Wayne Barton</p> <p>Jessica Ennis Unbelievable: From My Childhood Dreams to Winning Olympic Gold by Jessica Ennis (in the LRC)</p>	<p>3. Attend a summer extracurricular club of your choice (please look at the extracurricular clubs timetable on the school website).</p> <p>One achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'contracting muscles' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'Role of tendons'</li><li>● Complete checkpoint 4</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>5. Find and read a match report from one of your favorite sports</p> <p><b>COMPULSORY TASK</b></p>	<p>6. Watch a short film on Exercise vs. Diet</p> <p><u><a href="#">Exercise vs Diet</a></u></p>
<p>7. Log into your Everlearner account on the contracting muscles.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on 'Check point 4'</li><li>● Complete the test for the topic</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>8. Find an article online about technology in a sport of your choice e.g. Why VAR was brought into football</p>	<p>9. Can you attend more than one sports clubs after school - look at the PE extracurricular timetable on the school website</p> <p>One achievement mark for every club attended</p>



Physical Education Homework - Year 8  
Summer 2

Retrieval	Reading	Rewarding
<p>1. Log into your Everlearner account on the 'Energy for Movement' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcast on 'Movements at joints 1'</li><li>● Complete checkpoint 3</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>2. <a href="#">Read the article on Movement at a joint</a></p>	<p>3. Attend a summer extracurricular club of your choice (please review the extracurricular clubs timetable on the school website).</p> <p>One achievement mark if achieved!</p>
<p>4. Log into your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Watch the podcasts on ' Movements at joints 2'</li><li>● Complete checkpoint 4</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>5. <a href="#">Read the article on the Aerobic and Anaerobic Respiratory Systems</a></p> <p><b>COMPULSORY TASK</b></p>	<p>6. <a href="#">Watch the short film on Aerobic and Anaerobic respiration</a></p>
<p>7. Log into your Everlearner account on the 'Health and Body Systems' topics.</p> <ul style="list-style-type: none"><li>● Complete checkpoint 5</li><li>● Achieve 70% or more to gain an Achievement mark</li></ul>	<p>8. <a href="#">Read the article on the long-term benefits and short-term effects of exercise</a></p>	<p>9. Can you attend more than one sports club after school - look at the PE extracurricular timetable on the school website</p> <p>One achievement mark for every club attended</p>