



Physical Education Homework - Year 10  
Autumn 1 - Muscular & Skeletal Systems & Movement Analysis

Retrieval	Reading	Rewarding
1. Muscular & Skeletal Systems on Everlearner Watch the Podcast and complete Checkpoint 1 70%+ equates to an Achievement mark	2. <a href="#">Read and take notes on the attached article on the Skeletal System</a>	3. Attend Extracurricular clubs for 1,2 or 3 of the sports that you wish to be assessed in for the practical component of the GCSE PE course.
4. Muscular & Skeletal Systems on Everlearner Watch the Podcast and complete Checkpoint 2 70%+ equates to an Achievement mark	5. <a href="#">Read and take notes on the attached article on the Muscular System</a>	6. <a href="#">Watch and listen to the Muscle song.</a>  Can you memorise it?
7. Movement Analysis on Everlearner Watch the Podcast and complete Checkpoint 3 70%+ equates to an Achievement mark	8. <a href="#">Read and take notes on the attached article on Movement Analysis</a>	9. <a href="#">Watch and take notes on the short revision film on Movement Analysis</a>



Physical Education Homework - Year 10  
Autumn 2 - Respiratory System, Effects of Exercise & Physical Training

Retrieval	Reading	Rewarding
1. Cardiovascular & Respiratory System on Everlearner Watch the Podcast and complete Checkpoint 4 70%+ equates to an Achievement mark	2. <a href="#">Read and take notes on the Respiratory system</a>	3. Attend Extracurricular clubs for 1,2 or 3 of the sports that you wish to be assessed in for the practical component of the GCSE PE course.
4. Effects of Exercise in Sport on Everlearner Watch the Podcast and complete Checkpoint 5 70%+ equates to an Achievement mark	5. <a href="#">Read and take notes on the Effects of Exercise in Sport</a>	6. <a href="#">Watch the short video on Components of Fitness and take notes</a>
7. Components of Fitness Watch the Podcast and complete test 70%+ equates to an Achievement mark	8. <a href="#">Read and take notes on Physical Training</a>	9. <a href="#">Watch the short video and take notes on the Effects of Exercise</a>



Physical Education Homework - Year 10  
Spring 1 - Injury Prevention, Engagement Patterns & Commercialisation in Sport

Retrieval	Reading	Rewarding
1. Engagement Patterns on Everlearner Watch the Podcast and complete Checkpoint 8 70%+ equates to an Achievement mark	2. <a href="#">Read and take notes on Engagement Patterns</a>	3. Attend Extracurricular clubs for 1,2 or 3 of the sports that you wish to be assessed in for the practical component of the GCSE PE course.
4. Commercialisation in Sport on Everlearner Watch the Podcast and complete Checkpoint 9 70%+ equates to an Achievement mark	5. <a href="#">Read and take notes on Commercialisation in Sport</a>	6. <a href="#">Watch the short video on Commercialisation in Sport and take notes</a>
7. Injury Prevention on Everlearner Watch the Podcast and the test 70%+ equates to an Achievement mark	8. <a href="#">Read and take notes on Injury Prevention in Sport</a>	9. <a href="#">Watch the short video on Injury Prevention and take notes</a>



Physical Education Homework - Year 10  
Spring 2 - Ethics in Sport, Drugs in Sport & Violence in Sport

Retrieval	Reading	Rewarding
1. Ethics in Sport on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	2. <a href="#">Read and take notes on the article on Drug use in Sports</a>	3. Attend Extracurricular clubs for 1,2 or 3 of the sports that you wish to be assessed in for the practical component of the GCSE PE course.
4. Drug use in Sport on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	5. <a href="#">Read and take notes on the article on Ethics in Sport</a>	6. <a href="#">Watch the documentary on Lance Armstrong.</a>  Do you understand why he cheated on so many levels and what consequences has he faced since being found guilty?
7. Violence in Sport on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	8. <a href="#">Read and take notes on the article Violence in Sport</a>	9. <a href="#">Watch the most violent game in sport 'Calcio Storico'.</a>  What is the history behind the sport and what are the rules?



## Physical Education Homework - Year 10 Summer 1 - Skill Classification, Goal Setting & Mental Preparation

Retrieval	Reading	Rewarding
1. Skill Classification on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	2. <u>Read and take notes on the attached article on 'Stress Management Techniques'.</u>	3. Attend Extracurricular clubs for 1,2 or 3 of the sports that you wish to be assessed in for the practical component of the GCSE PE course.
4. Goal Setting on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	5. <u>Read and take notes on the attached article on 'The Importance of Sleep for Athletic Performance'.</u>	6. <u>What makes Elite athletes thrive or Dive under pressure? Watch the short video and discuss your feelings about this with your teacher.</u>
7. Mental Preparation Watch the podcast and complete the test 70%+ equates to an Achievement mark	8. <u>Read and take notes on the attached article on 'Goal Setting in Sport'.</u>	9. <u>Watch the clips on how Michael Jordan coped with pressure and apply to your own game</u>



Physical Education Homework - Year 10  
Summer 2 - Guidance & Feedback in Sport

Retrieval	Reading	Rewarding
1. Guidance on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	2. <u>Watch the short video and take notes on Guidance Feedback</u>	3. Attend Extracurricular clubs for 1,2 or 3 of the sports that you wish to be assessed in for the practical component of the GCSE PE course.
4. Feedback on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	5. <u>Read and take notes on the article regarding the use of feedback in sport</u>	6. Attend Extracurricular clubs for 1,2 or 3 of the sports that you wish to be assessed in for the practical component of the GCSE PE course.
7. Psychology in Sport on Everlearner Watch the Podcasts and complete Checkpoint 10 70%+ equates to an Achievement mark	8. <u>Read and take notes on the article explaining how elite athletes deal with pressure and try to apply it to your own game.</u>	9. <u>Watch the short video and write down which coach you would enjoy performing for and explain how they would make you a better performer.</u>