



Physical Education Homework - Year 11  
Autumn 1 - 'Health, Fitness & Wellbeing'

Retrieval	Reading	Rewarding
1. Health & Well Bewingon Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	2. <u>Read and take notes on the article on 'Health and Well-Being in Sport'.</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. Lifestyle Choices on Everlearner Watch the Podcast and complete the test 70%+ equates to an Achievement mark	5. <u>Read and take notes on how 'Lifestyle Choices' can have a positive effect on your life and performance in sport.</u>	6. <u>Watch the short film on Obesity and consider the impact this has on their everyday life and mental state.</u>
7. Consequences of a Sedentary Lifestyle Watch the podcast and complete the test 70%+ equates to an Achievement mark	8. <u>Read and take notes on the article on 'The consequences of leading a Sedentary Lifestyle'.</u>	9. <u>Watch the short film and take notes on the importance of leading an active and healthy lifestyle and avoiding a sedentary lifestyle</u>



## Physical Education Homework - Year 11 Autumn 2 - 'Diet in Sport'

Retrieval	Reading	Rewarding
1. Diet 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 the 'Effects of Diet and Nutrition on Performance'.</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. Energy Use 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, explaining how Arsene Wenger revolutionised Football in England.</u>	6. <u>Watch the film about Michael Phelps and his diet, reinforcing reading article 3. What do you need to beware of when consuming so many calories?</u>
7. Hydration Watch the podcast and complete the test 70%+ equates to an Achievement mark	8. <u>Read the attached article identifying what Michael Phelps ate prior to the Beijing Olympics and can you explain why?</u>	9. <u>Watch the short video on 'The top 4 foods for endurance athletes'.</u>



Physical Education Homework - Year 11  
Spring 1 - 'Coursework'

Retrieval	Reading	Rewarding
1. <u>Attempt the GCSE (9-1) part 1 - 5 a day revision questions (mark scheme attached)</u>	2. <u>Read and take notes on Components of Fitness article</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. <u>Attempt the GCSE (9-1) part 2 - 5 a day revision questions (mark scheme attached)</u>	5. <u>Read and take notes on Fitness testing</u>	6. Watch the Youtube clip on Fitness testing in Sport  <a href="https://www.youtube.com/watch?v=YQf5U-bzcbs">https://www.youtube.com/watch?v=YQf5U-bzcbs</a>
7. <u>Attempt the GCSE (9-1) part 3 - 5 a day revision questions (mark scheme attached)</u>	8. <u>Read and take notes on Movement Analysis</u>	9. Watch the Youtube clip on Movement Analysis in Sport  <a href="https://www.youtube.com/watch?v=vIYof9AJWCI">https://www.youtube.com/watch?v=vIYof9AJWCI</a>



Physical Education Homework - Year 11  
Spring 2 - 'Coursework'

Retrieval	Reading	Rewarding
1. <a href="#">Everlearner Revision podcast 2023 Paper 1</a>	2. <a href="#">5 a day test and mark scheme paper 1</a>	3. <a href="#">5 GCSE PE Revision tips</a>
4. <a href="#">Everlearner Revision podcast 2023 Paper 2</a>	5. <a href="#">5 a day test and mark scheme paper 2</a>	6. <a href="#">How to answer extended questions</a>
7. Everlearner Revision podcast 2022 <a href="#">Paper 1</a> <a href="#">Paper 2</a>	8. <a href="#">5 a day test and mark scheme paper 3</a>	9. <a href="#">Old McDonald revision tips</a>