

Physical Education @SMHS

Tasks for students that parents can help to support with at home:

Year 11 & 10

1. Look at the ***past papers*** set by the exam board (Edexcel) and look at the structure of the paper and **wording** of the questions.

<https://revisionworld.com/gcse-revision/pe-physical-education/past-papers/edexcel-gcse-pe-past-papers>

2. **GCSE Pod (Year 11)**

Login and access Physical Education content

Suggested topics to look at (Guide only)



- Body Systems
- Levers, Planes and Axis
- Physical Training (components of fitness, training methods, principles of training)
- Diet
- Lifestyle factors
- Classification of skills
- Feedback

3. Use revision guides given to each student to create revision cards, remember to keep the card short with key information.

Year 10

1. **Complete your own PEP sessions recording your RHR, EHR and Recovery HR. (1 per week minimum)**
2. Design an information sheet for new coaches explaining the principles of training, and justifying their importance. (Be as creative as you can and remember to give explanations).

Sources of information - GCSE Bitesize – Edexcel Physical Education

3. Practice the end of topic tests on GCSE Bitesize.

Year 9

1. You are to create a home workout that you are to complete at least twice a week. We have already looked at circuit training in school, so you can adapt them to use at home. You must ensure it is written and includes information on how long you have worked per station and overall. Additional information such as HER (Exercise Heart Rate) and RHR (Resting Heart Rate) can be taken. Explain how the circuit has affected your HR.

2. Using Bitesize GCSE Physical Education (Edexcel) create an information leaflet to young people explaining the benefits of being physically active.

<https://www.bbc.co.uk/bitesize/guides/z2d9j6f/revision/1>

Year 8

1. You are to plan your own coaching session for a sport of your choice (must be one we have done or could do at school). You must include a warm up, main activity and a cool down. The session must last for at least 30 minutes. Be as creative as you can and ensure you include all the equipment you would need.
2. Create a poster ***explaining*** the benefits of being physically active. Your poster must include the terms ***emotional*** health, ***physical*** health and ***social*** health.

<https://www.bbc.co.uk/bitesize/guides/z2d9j6f/revision/1>

Year 7

1. You are to create and complete your own circuit training at HOME! Be creative! Your circuit must include at least 8 stations for example (sit ups, press ups, burpee, bicep curls using baked beans tins as weights) try and be as active as possible for 30 minutes so you may need to go around your circuit more than once.
2. Create a poster on the benefits of being physically active. Your poster must include the terms ***emotional*** health, ***physical*** health and ***social*** health.

<https://www.bbc.co.uk/bitesize/guides/z2d9j6f/revision/1>