

**GCSE PE**

**Homework Overview – Year 10**

Practical Sport

Students are expected to attend extra-curricular clubs in their own time, for the two sports in which they’ll be assessed. This can be done as part of the PE department extra-curricular programme and/or independently outside college.

Theory

Homework will be set every week via TheEverLearner in the form of watching videos to support a flipped learning model, or a Test Yourself to assess student understanding – please see the order of topics below:

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| **Date** | **Description** |
| **Week 1** | Understand the definitions of the components of physical fitness and skill-related fitness:SpeedMuscular strengthMuscular enduranceCardio-vascular enduranceFlexibilityBalanceCo-ordinationPowerAgilityReaction time |
| **Week 2** | Show understanding of the fitness requirements of different sporting activities, and for different positions within the same activity. Explain the fitness requirements of specific chosen sports. |
| **Week 3** | Show understanding of the different fitness tests and how data is collected. Link Fitness tests to components of fitness |
| **Week 4** | Show understanding of the basic principles of training (Frequency, Intensity, Time and Type), and additional principles of training (Specificity, Progression, Adaptation, Reversibility, Rest, Individual differences, Variation), and apply these to different examples of sportspeople in a variety of sports. |
| **Week 5** | Understand the different training methods for each component of fitness and explain how they link in with different sports giving practical examples |
| **Week 6** | Understand the key components of a warm up and cool down |
| **Week 7** | Be able to identify how injuries are prevented in sport by use of PPE etc |
| **Half-term holiday** | Be able to identify potential hazards and complete risk assessments for different sporting settings |
| **Week 8** | Be able to name and explain the functions of the skeletal system. Be able to articulate the location of the major bones in the body. |
| **Week 9** | Understand the types and components of synovial joints and the types of movement that occur. This needs to be linked in with practical examples |
| **Week 10** | Be able to articulate the location of the major muscles in the body and the roles these muscles have in movement  |
| **Week 11** | Be able to describe the 3 lever systems with practical examples and the different movement planes and axes of rotation with practical examples. |
| **Week 12** | Understand and draw the structure of the heart and describe the pathway of blood through the heart |
| **Week 13** | Be able to describe what is meant by the double circulatory system and the different blood vessels that make up the cardio system. |
| **Week 14** | Understand the different cardiac values and the equations needed to work these out.  |
| **Christmas holiday** | Understand and describe the pathway of air through the respiratory system. |
| **Week 15** | Be able to explain the role of respiratory muscles in breathing. |
| **Week 16** | Understand and describe the different respiratory values and understand how to calculate them using the correct equations |
| **Week 17** | Understand the process of gaseous exchange and be able to label the alveoli within the respiratory system. |
| **Week 18** | Be able to describe what is meant by aerobic respiration with practical examples |
| **Week 19** | Be able to describe what is meant by anaerobic respiration with practical examples |
| **Week 20** | Understand the short-term effects of exercise on the body including the cardiovascular system and respiratory system |
| **Half term holiday** | Understand the long term effects of exercise on the body including the cardiovascular system and respiratory system. |
| **Week 21 onwards** | Coursework and Mock revision time |