

Year 11 PE Home Learning Tasks



WEEK ONE

Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	<p>fig7vpu</p> <p>TASK: Complete the circuit below using a space at home or outside. When completing the circuit you must: Record your heart rate after each station Apply progressive overload each repetition (make it hard through more time or less rest) Repeat the circuit to last at least 20 minutes in total Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn-TaMII_MzRq7IzZmAEiDnuixLGZiIz1Kl/edit	On Google Classroom www.sternopeco.uk
GCSE PE				
JEN	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	Paper and/or Google Classroom	
SDE	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	Paper and/or Google Classroom	
JPT		Weekly revision tasks if required	On Google Classroom	

WEEK TWO

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WEEK THREE

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Core PE	<p>fig7vpu</p> <p>TASK: Complete the circuit below using a space at home or outside. When completing the circuit you must: Record your heart rate after each station Apply progressive overload each repetition (make it hard through more time or less rest) Repeat the circuit to last at least 20 minutes in total Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn-TaMII_MzRq7IzZmAEiDnuixLGZiIz1Kl/edit	On Google Classroom www.sternopeco.uk
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