

# Year 10 PE Home Learning Tasks



## WEEK ONE

Subject	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
<b>Core PE</b> <b>GCSE PE</b>	uvcxhfr	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>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		<a href="https://docs.google.com/document/d/17CUT5fS6Zn-TaMII-MzRq7jzZmAEiDnuixLGZilZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn-TaMII-MzRq7jzZmAEiDnuixLGZilZ1KI/edit</a>
<b>SMG</b>	ohxlu7t	Create graphs relating to your fitness test data, pre and post training plan. Use this to start the evaluation section of your PEP. Complete on PEP in shared drive. Google slide shared on google classroom.	2 hours to be completed on Friday.		
<b>CTA</b>	3tdhnc7	<a href="https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmipe0O83Kkfh36v03EZc3a1sgc/edit">https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmipe0O83Kkfh36v03EZc3a1sgc/edit</a>	On going - see task checklist.	On Google Classroom	On Google Classroom www.sternope.co.uk

## WEEK TWO

Subject	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
<b>Core PE</b> <b>GCSE PE</b>	uvcxhfr	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>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		<a href="https://docs.google.com/document/d/17CUT5fS6Zn-TaMII-MzRq7jzZmAEiDnuixLGZilZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn-TaMII-MzRq7jzZmAEiDnuixLGZilZ1KI/edit</a>
<b>SMG</b>		Individual tasks will be set as each student is working at different dtages of their PEP. This will be shared on google classroom. Students to highlight work completed in yellow.	2 hours to be completed on Tuesday. 2 hours to be completed on Friday.		
<b>CTA</b>	3tdhnc7	<a href="https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmipe0O83Kkfh36v03EZc3a1sgc/edit">https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmipe0O83Kkfh36v03EZc3a1sgc/edit</a>	On going - see task checklist.	On Google Classroom	On Google Classroom www.sternope.co.uk

## WEEK THREE

Subject	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
<b>Core PE</b> <b>GCSE PE</b>	uvcxhfr	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>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		<a href="https://docs.google.com/document/d/17CUT5fS6Zn-TaMII-MzRq7jzZmAEiDnuixLGZilZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn-TaMII-MzRq7jzZmAEiDnuixLGZilZ1KI/edit</a>
<b>SMG</b>		Individual tasks will be set as each student is working at different dtages of their PEP. This will be shared on google classroom. Students to highlight work completed in yellow.	2 hours to be completed on Tuesday. 2 hours to be completed on Friday.		
<b>CTA</b>	3tdhnc7	<a href="https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmipe0O83Kkfh36v03EZc3a1sgc/edit">https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmipe0O83Kkfh36v03EZc3a1sgc/edit</a>	On going - see task checklist.	On Google Classroom	On Google Classroom www.sternope.co.uk