

## KS4 PE Covid Provision

Below are 3 PE tasks for you to complete if you are off school. 1 task to be completed for each PE lesson you would have had each day.

During the Autumn Term we have 5 focus Sports in school:

- Basketball
- Netball
- Football
- Table Tennis
- Softball / Rounders

Pick one of the sports above and complete the following tasks:

Create a Power Point on your chosen sport from this term.

1. Describe in detail 6 of the main rules. Use examples to support your answer

(20 mins)

2. Research and describe 2 attacking skills and 2 defensive skills that you would like to improve.

(20 mins)

3. Design a 5 phase warm up for your sport including a pulse raiser, dynamic movements, mobility exercises, stretches and a skill practice.

(30 mins)

Work should be well presented, and you should paste images to support your descriptions.

Any questions please email [brownings@mayfield.portsmouth.sch.uk](mailto:brownings@mayfield.portsmouth.sch.uk) for support