

KS3 PE Catch-Up 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:

1. Describe in detail 3 of the main rules. Use examples to support your answer (20 mins)
2. Research and describe 3 skills that you would like to improve. (20 mins)
3. Design a warm up for your sport including a pulse raiser, stretches and a skill practice. (30 mins)

Work should be hand written and handed to your PE teacher on your return to school.

Any questions please email brownings@mayfield.portsmouth.sch.uk for support