**Year 10/11 Quarantine Revision Pack – Core PE**

Your task for your PE lessons is to complete these questions and tasks based on the lessons you have been delivered during Lockdown in January and February. An example of a practical task has been included if you are well enough to have a go at.

1. **Warm up**

What are the 5 stages of a warm up?

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What is one of the reasons we complete a warm up before activity?

1. **Safety**

Identify and explain two factors that could cause injury?

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Name 2 different ways we could help prevent injury in sport? –

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**Task** – Choose 1 sport and list the protective clothing that these performers can wear to help prevent injury? You could draw these or find google images if you would like.

1. **Training Methods**

List 2 types of training and write a brief sentence explaining what it is?

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Chose one method of training and list 2 benefits to it and 2 negatives to that method?

Positives

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Negatives

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1. **Circuit Training**

In a brief sentence please describe what circuit training is?

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Below please design and draw out a circuit below with 6 stations. The focus of the circuit is general fitness?

1. **Psychology**

Could you identify the 2 different types of personality and list some common traits from each one?

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Can you identify 2 different things you could do to decrease anxiety?

-Eg Exercise because…………………

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1. **First Aid**

List 2 different types of Injury?

-e.g. A Strain

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What does SALTAPS stand for?

S-

A-

L-

T-

A-

P-

S-

1. **Nutrition**

Identify 2 different groups of nutrients?

* Eg Dairy

Create a food diary for the last 2 days. Include all food and drinks and times you consumed them if you can remember? You could do this is a table.

|  |  |  |  |
| --- | --- | --- | --- |
| Day 1 | | Day 2 | |
| Breakfast |  | Breakfast |  |
| Lunch |  | Lunch |  |
| Dinner |  | Dinner |  |
| Snacks |  | Snacks |  |

1. **Diversity**

Could you think of a role model in sport in any of the 4 following areas cultural, Sexuality, Gender, Disability? Explain why you think they are a role model?

Name of role model-

Why-

In a couple of sentences please explain why you think it is important to have role models and tell us about someone who is a role model to you and why?

**Practical lesson**

Well done for completing the Theory recap please have a go at the following 30 minute workout. Make sure you have a drink and the space around you is safe.

<https://www.youtube.com/watch?v=OozWcmne_eM>

You will have seen Joe Wicks before, he has taken on the role of the nation’s PE teacher while we aren’t in school as normal. Have a go at this general work out. If you finish this one with time to spare please have a look at other videos Joe Wicks has done (there are 100s) and choose one to have a go out. Make sure you give yourself time for a drink and a rest.

If you can’t complete the practical for any reason please could you design a work out session of your own including at least 10 exercises? You must have diagrams of each exercise and state how many sets and reps you would like the performer to do. If you finish this in time please can you justify and explain why you have chosen each exercise.

Thank you!

Please email this completed document to your PE teacher.