Subject: GCSE Physical Education

2 Week Independent Learning plan

**Email queries to: nbaker@waseleyhills.worcs.sch.uk**

Teacher: Mrs Dodds and Mr Boot

Year: 10 Topic/theme:

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| Lesson  | What you need to take from this lesson  | Resource to use or hyperlink | Suggested task  |
| 1 | **Submit completed Coursework into the following emails ensure you save your document as your first and last name:**Mrs Dodds Group: edodds@waseleyhills.worcs.sch.uk Mr Boots Group: aboot@waseleyhills.worcs.sch.uk * To know the names and location of a select list of bones in the human body **(AO1)**
* Be able to identify and apply the different types of bone in the skeletal system to sporting examples **(AO2)**
 | [Skeletal System Learning Mat](file:///%5C%5Cstaffsrv%5CUser%20Folders%24%5CEDodds%5CDocuments%5CCoronavirus%5CSkeletal-System-Learning-Mat.pptx)  | Use books/ prior knowledge/internet to help support the task sheet  |
| 2 | * Identify and define each stage of the information processing model
 | [Basic Information Processing Model Document](file:///%5C%5Cstaffsrv%5CUser%20Folders%24%5CEDodds%5CDocuments%5CCoronavirus%5CBasic-Information-Processing-Model.docx)  | Use books/ prior knowledge/internet to help support the task sheet |
| 3 | * Define arousal
* Explain the relationship between arousal levels and performance
* Link skills to arousal level
* Explain how the stress management techniques are carried out.
 | [Arousal Inverted U Theory Document](file:///%5C%5Cstaffsrv%5CUser%20Folders%24%5CEDodds%5CDocuments%5CCoronavirus%5CArousal-Inverted-U-Theory.docx)  | Use books/ prior knowledge/internet to help support the task sheet |
| 4 | * Define skill and ability
* Describe the different skill classifications
 | [Skill Classification Document](file:///%5C%5Cstaffsrv%5CUser%20Folders%24%5CEDodds%5CDocuments%5CCoronavirus%5CSkill-Classification.docx)  | Use books/ prior knowledge/internet to help support the task sheet |
| 5 | * Define/Identify the different types of goals and SMART Goals
 | [Goal Setting Document](file:///%5C%5Cstaffsrv%5CUser%20Folders%24%5CEDodds%5CDocuments%5CCoronavirus%5CGoal-Setting-AO1-Learning-Mat.pptx)  | Use books/ prior knowledge/internet to help support the task sheet |

Don’t forget you can access the school drives and resources form the school website: <https://www.waseleyhills.worcs.sch.uk/>