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](mailto:edodds@waseleyhills.worcs.sch.uk)  Mr Boots Group: [aboot@waseleyhills.worcs.sch.uk](mailto: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:///\\staffsrv\User%20Folders$\EDodds\Documents\Coronavirus\Skeletal-System-Learning-Mat.pptx) | Use books/ prior knowledge/internet to help support the task sheet |
| 2 | * Identify and define each stage of the information processing model | [Basic Information Processing Model Document](file:///\\staffsrv\User%20Folders$\EDodds\Documents\Coronavirus\Basic-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:///\\staffsrv\User%20Folders$\EDodds\Documents\Coronavirus\Arousal-Inverted-U-Theory.docx) | Use books/ prior knowledge/internet to help support the task sheet |
| 4 | * Define skill and ability * Describe the different skill classifications | [Skill Classification Document](file:///\\staffsrv\User%20Folders$\EDodds\Documents\Coronavirus\Skill-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:///\\staffsrv\User%20Folders$\EDodds\Documents\Coronavirus\Goal-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/>