2 Week Independent Learning plan **Week 9 and 10**

**Support contact details:**

Email general queries to: [nbaker@waseleyhills.worcs.sch.uk](mailto:nbaker@waseleyhills.worcs.sch.uk)

**Teachers email addresses in this subject area:**

Subject Leader ( Miss Harley ) email: zharley@waseleyhills.worcs.sch.uk

Subject teacher emails:

Teacher Name (Mrs Dodds) email: edodds@waseleyhills.worcs.sch.uk

Teacher Name (Mr Boot) email: aboot@waseleyhills.worcs.sch.uk

Monday June 8th to Friday June 19th

Subject: GCSE PE

Year: 10

Topic/theme: Movement Analysis



Three stages to online learning

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| **Stage One – Reading Task** | **Stage Two – Completing Tasks** | **Stage Three – Assessing your learning and feedback** |
| Read the lessons in the table below. Think about what you need to learn from the task. It may help to look at the other lessons too as this will show you where your learning is heading. | Find the resources you need. In some instances you may need to log into HomeAccess+ and find the file on the coursework drive (S). Login with your normal school username and password. Use the resource as described to complete the suggested task. Reflect on the teacher’s question.  [Click here for HomeAccess+ drive](https://facility.waseley.networcs.net/HAP/login.aspx?ReturnUrl=%2Fhap)  [Click here for help with accessing HomeAccess+](https://www.waseleyhills.worcs.sch.uk/coronavirus-independent-learning/help-for-parents-and-pupils) | At the end of the two weeks you will be set a task by your teacher on Show My Homework. This is submitted in SMHWK. This task will assess your learning and allow us to give you feedback.  These assessment tasks are optional but submitting them is very helpful for you and your teacher to understand what you have learnt. |



We are here to help you within school opening hours:

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| **Email your teacher** | **Join your teacher for a support chat session** | **Ring school reception** |
| You can now email your teacher using your Office 365 email address. You can also email Mr Baker or the Subject Leader using the contact info above (top right). | You will also receive an invite during the two week period to join an online support chat with your teacher. | Call 0121 4535211 within school hours. They will email your teacher and ask them to contact you. |

Learning tasks for this fortnight:

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| **Lesson** | **Aim:**  What you need to take from this lesson | **Resource(s) to use:**  Hyperlinks to videos etc  HomeAccess+ file location | **Suggested task:** |
| 1 | In this lesson you will learn…  Define types of levers, including First Class, Second Class and Third Class | Description of resource:  Use the following website link to help you (there are several pages on the topic to scroll though)  <https://www.bbc.co.uk/bitesize/guides/zqrvcwx/revision/1> | Description of what you need to do (step by step):   1. What is the definition of levers? Explain the key parts: fulcrum, an effort (force) and a resistance (load). 2. How does a First Class Lever system work at the elbow? 3. How does a Second Class lever work at the ankle? 4. How does a Second Class lever spork at the elbow?   You could do this task as a mix of a poster, which a drawing of each lever system and a description written next to them.  A question your teacher would have asked you at the end of this lesson is:  State two mechanical advantages of the lever system that is used at the ankle joint. |
| 2 | In this lesson you will learn…  Explain the different types of muscle contraction for movement: Isotonic, Isometric, Concentric and Eccentric. | Use the following website link to help you (there are several pages on the topic to scroll though)  <https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/2> | Description of what you need to do (step by step):   1. Define Isotonic muscle actions 2. Define Isometric muscle actions 3. Define Concentric muscle actions 4. Define Eccentric muscle actions 5. Provide a sports movement example of each muscle action   You could display this work in a large table, this will make it easier for you to revise from. Label the columns using the following headings: Muscle Action, Definition, Sports movement example.  A question your teacher would have asked you at the end of this lesson is: What is antagonistic muscle contraction? |
| 3 | In this lesson you will learn…  To describe the different planes of axis: Sagittal, Frontal, Transverse and Longitudinal. | Use the following website link to help you (there are several pages on the topic to scroll though)  <https://www.bbc.co.uk/bitesize/guides/zqrvcwx/revision/3> | Description of what you need to do (step by step):   1. Using a picture of a person standing upright, label the sagittal, longitudinal, transverse and frontal axis/planes. 2. Describe movements at the sagittal plane 3. Describe movements at the frontal plane 4. Describe movements at the sagittal plane 5. Create a table to display all of your information, use the following headings for your table: Plane, Movement, Axis, movement example.   A question your teacher would have asked you at the end of this lesson is: As part of a training programme a performer completes star jumps. In which plane and which axis are these movements performed? |
| 4 | In this lesson you will learn…  Define movement types, extension, flexion, adduction, abduction, rotation. | Use the following website link to help you (there are several pages on the topic to scroll though)  <https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1> | Description of what you need to do (step by step):   1. Describe the term ‘flexion’ in relation to joint movement. 2. Describe the term ‘extension’ with relation to muscle movement. 3. Describe the term ‘adduction’ with relation to muscle movement 4. Describe the term ‘abduction’ with relation to muscle movement 5. Describe the term ‘rotation’ with regard to muscle movement 6. For each description above use a sports specific example eg. Extension of the quadriceps happens when kicking a football, as the quadriceps contracts and extends forcing the shin forwards.   A question your teacher would have asked you at the end of this lesson is: How to muscles work in pairs? |
| 5 | In this lesson you will learn…  To apply knowledge of joint actions to differing movement types. | Use the following website link to help you (there are several pages on the topic to scroll though)  <https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1>  Use your previous notes to help you. | Description of what you need to do (step by step):  Create a table with the following headings: movement type, agonist (working muscle), antagonist (support muscle), plane and axis.   1. Complete the table for the following movement types: 2. Cricket bowl 3. Upwards and downwards phase of a press-up 4. Football throw-in 5. Running 6. Kicking a football 7. Downwards and upwards phase of a squat   Use your work from the previous lessons to help you complete this.  A question your teacher would have asked you at the end of this lesson is: Why is it important to analyse the movements of athletes within their sports? What can this help a coach to do? |
| **How will we assess you learning?**  Years 7 and 8: Pupils will be set an interactive quiz using this information on Show My Homework or asked to submit a piece of work such as a photograph of art work.  Year 9 to 11: Pupils may be set an interactive quiz or a written task via Show My Homework. | | | |



**Need help?**

HomeAccess+ <https://facility.waseley.networcs.net/HAP/login.aspx?ReturnUrl=%2fhap> (use your normal school username and password).

Pupil and parent help page: <https://www.waseleyhills.worcs.sch.uk/coronavirus-independent-learning/help-for-parents-and-pupils>



**Fancy showing your best work off?**

You can email a photo of you doing something great, or an example of your best piece of work to your Head of Year for our celebrations assemblies when we return.

Yr 7 please email Mrs Williams at jewilliams@waseleyhills.worcs.sch.uk

Yr 8 please email Mrs Bridgeman at jbridgeman@waseleyhills.worcs.sch.uk

Yr 9 please email Mrs Bradley at kjbradley@waseleyhills.worcs.sch.uk

Yr 10 please email Mr Jones at djones@waseleyhills.worcs.sch.uk

Please keep your work organised in subjects as we are excited to see what you have achieved and reward you for it when we return.