Subject: Year 11 GCSE PE

2 Week Independent Learning plan

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

Teacher: AB and JB

Year: 11 Topic/theme: Paper 1 revision

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| Lesson  | What you need to take from this lesson  | Resource to use or hyperlink | Suggested task  |
| 1 | Revise Component of Fitness and fitness tests – main focus is on impact each one has on effective performance  | Use your blue book and remember CRAMPS BSFC | Produce a table which shows the name of each component of fitness, the test for each component and then a column which says how each component maybe needed for a sport of your choice |
| 2 | Revise the methods of training  | Use your blue book and <https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1> | Design a session for each of the methods of training – link it to 1 specific sport* Interval
* Circuit
* Fartlek
* Weight
* Altitude
* Continuous
* Stretching
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| 3 | Revise the long and short term effects of exercise on our body | Use your blue book and <https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1> | Write a newspaper article about how our body is affected by exercise. |
| 4 | Revise the Muscular system and be able to explain how muscles work in pairs. | Use your blue book and <https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1><https://www.tes.com/teaching-resource/muscles-of-the-human-body-6077821> | Use either the (biceps and triceps) or (hamstrings and quadriceps) to explain how they work together to produce flexion and extension. Use kicking a football or throwing netball as an example to help you. |
| 5 | Compete the 2018 past exam paper 1  | The past paper can be found in the following area of our school system. S:\PE\GCSE\AQA GCSE\Past exam papers | Complete the exam paper |

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

Staff Guidance:

**Generic task sheet to be issued – attached version will be copied ready for distribution:**

An overall task sheet will be set for KS3 and 4 pupils – this will be distributed via tutors or teachers if/when the time comes. I will also put this on the VLE and ShowMyHomework.

**Setting Subject Specific Tasks via SMHWK – two week template provided in attached file:**

We have developed a simple template to help set independent work quickly and in a structure that is simple for pupils to understand. Please see the attached sheet and follow the instructions should we close.

Complete the template and set via SMHWK – deadline date two weeks form when set to ensure it remains live.

1. Keep it simple – less is more when it comes to instructions ☺
2. Consider the use of youtube or other resources that are already available.
3. Only provide a maximum of three URL links per lesson. This should be enough for pupils to engage with the theme.
4. Outline the main ‘take home’ message you want pupils to focus on using the resources.
5. Keep the task simple – straight forward questions or activities based on the resources
6. FUN – this is a good opportunity to share some fun task which include modelling, creative writing, revision card making etc. (remember pupils may have access to limited resources at home).

Please note you can set additional tasks for pupils particularly GCSE and A Level but please keep these straightforward, avoid overloading SMHWK as it may disengage or stress pupils if they become confused, and keep it simple (avoid attached lesson PowerPoints and large documents).