

Key Stage 3 Physical Education Homework

Block	Details of Homework	Details of Resources
Block 1	<p>Exploring areas of fitness Meaning of:- Cardiovascular Fitness Muscular Endurance Muscular Strength Flexibility Speed Balance Agility Co- ordination</p> <p>In weeks 2 & 3 pupils will research the above. It will be completed in homework booklet.</p>	<p>http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/0_exercise_health_rev2.shtml http://www.google.co.uk</p>
Block 2 Year 7 will complete this in Block 3 due to curriculum plan	<p>Every pupil will identify in their PE lesson areas of fitness they need to improve. Pupils will be directed by staff to focus on an out of school activity that would help improve the areas of fitness identified Eg. Muscular endurance is poor- walk to school 3 times per week instead of asking for a lift</p>	<p>BODY MOT evaluation sheet given to pupils in their PE lesson</p> <p>Evaluation of progress shall be conducted at the end of the term</p>
Christmas		
Block 3 for years 8 & 9 This will be completed in block 2 for Year 7 due to curriculum plan	<p>In weeks 1 & 2 of their new activities pupils will investigate rules and regulations of their current sporting activities. Teachers will ask pupils throughout the block of work what they have research-</p>	<p>http://www.englandnetball.co.uk/ http://www.thefa.com/ http://www.rfu.com/ http://www.fina.org/</p>

<p>Week 3-6</p>	<p>Who is the Governing Body? Name 5 rules associated with the sporting activity. Role of any officials within the sporting activity Each pupil will need to investigate a bank of words associated with the sporting activities.</p>	<p>Books in the school Library</p>
<p>Block 4</p>	<p>As above</p>	<p>http://www.roundersengland.co.uk/rounders/ http://www.asasoftball.com/ http://www.ecb.co.uk/ http://www.itftennis.com/</p>
<p>Easter</p>		
<p>Block 5</p> <p>Week3- 6</p>	<p>Week 1 & 2 of the new block of activities Research all the Athletics World Records on it for Track and Field events For your other sporting activity- investigate rules and regulations of their current sporting activities. Teachers will ask pupils throughout the block of work what they have research-</p> <p>Who is the Governing Body? Name 5 rules associated with the sporting activity. Role of any officials within the sporting activity Each pupil will need to investigate a bank of words associated with the sporting activities.</p>	<p>Guinness Book of records http://www.iaaf.org/</p>

