

Year 10 Girls Physical Education Homework Plan

Block	Details of Homework	Details of Resources
Block 1	Investigate the rules and regulations for your individual sport and your team sport. This will be completed in Weeks 2, 3, & 4 of the block.	http://www.roundersengland.co.uk/rounders/ http://www.itftennis.com/ http://www.englandnetball.co.uk/ This homework needs to be presented either hand written or word processed.
Block 2	Week 1 and 2 Exploring areas of fitness Meaning of:- Cardiovascular Fitness Muscular Endurance Muscular Strength Flexibility Speed Balance Agility Co- ordination	http://www.google.co.uk
Block 3	In weeks 1 & 2 of this block pupils will need answer the question “How would lifestyle affect your performance in sport?”	Pupils will be taught about lifestyle and Psychological factors that affect performance in sport.

Block 4	Outstanding work must be completed. Intervention sessions after school will be arranged to complete the course	To be completed in Fitness booklet and Logbook booklet
Block 5	Outstanding work must be completed. Intervention sessions after school will be arranged to complete the course	To be completed in Fitness booklet and Logbook booklet
Block 6		