

## Year 10 Boys Physical Education Homework Plan

| Block          | Details of Homework  | Details of Resources  |
|----------------|--|---|
| <b>Block 1</b> | 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.   | <a href="http://www.EnglandBasketball.co.uk">www.EnglandBasketball.co.uk</a><br><br>This homework needs to be presented either hand written or word processed.  |
| <b>Block 2</b> | <b>Week 1 and 2 Exploring areas of fitness</b><br><b>Meaning of:-</b><br><b>Cardiovascular Fitness</b><br><b>Muscular Endurance</b><br><b>Muscular Strength</b><br><b>Flexibility</b><br><b>Speed</b><br><b>Balance</b><br><b>Agility</b><br><b>Co- ordination</b> | <a href="http://www.google.co.uk">http://www.google.co.uk</a><br><br><a href="http://www.teachpe.co.uk">www.teachpe.co.uk</a>   |
| <b>Block 3</b> | 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.<br><br><a href="http://www.bbc.com/bitesize/physical-education">www.bbc.com/bitesize/physical-education</a> |

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