

GCSE PE Plan 2.

Week	Classwork	Homework	Resources
1) 20 th February	<p>Principles of training</p> <ul style="list-style-type: none"> • SPOR and FITT principles • Warm ups (5 part warm up) • Cool down (2 part cool down) • Types of training (plyometric, continuous, circuit, weight and fartlek.) <p>Practise exam questions and reflections.</p> <p>Volleyball Assessment.</p>	<p>Use the “Year 10 – Term 3” knowledge organiser to revise the Principles of training (SPOR and FITT principle), warm ups/cool downs and planes.</p> <p>Answer the past paper exam questions on the knowledge organisers without looking at the answers / notes/ internet.</p> <p>Now use a green pen and the knowledge organiser to mark and improve your answers.</p>	<p>Year 10 - Term 3 - principles of training, warm up and planes.pdf</p> <p>Seneca revision link Principles of training - click here</p> <p>Optional past paper: 2017 (sample paper) 2 and Mark scheme to self mark in green.</p>
2) 27 th February	<p>- Risks and Hazards (locations including, Sports hall, Fitness suite, swimming pool, astro turf, playing fields.)</p> <p>- Characteristics of skilful movement (predetermined, fluent, aesthetic, coordinated, efficient)</p> <p>- Goal setting (Specific, measurable, achievable, recorded time bound, Application of knowledge to past paper questions</p> <p>Badminton Assessment.</p>	<p>Use the “Year 10 – Term 4” knowledge organiser to revise: Risks and hazards, Characteristics of skilful movement and Goal Setting (SMART Targets).</p> <p>Answer the past paper exam questions on the knowledge organisers without looking at the answers / notes/ internet.</p> <p>Now use a green pen and the knowledge organiser to mark and improve your answers.</p>	<p>Year 10 - Term 4 - Axis, prevention of injury, SMART target, continuums..pdf</p> <p>Seneca revision link: Preventing injury link - click here Goal setting - click here</p>
<p>Notes for trial exams:</p> <p>You will be sitting two full past papers. During the mock window use your knowledge organisers to recap on your areas for development as identified on your RAG sheets (inside covers of your exercise books).</p> <p>There is a link on the right hand side for the RAG sheets so you can have a copy at home. When completing this – move left to right.</p> <p>Use the “exam prep” section of Seneca to get exam ready.</p>			<p>Knowledge organisers – full set Topic lists Seneca - Exam prep</p>