**Year 11 GCSE PE – Working from Home**

**September and October 2021**

**Term 1**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date:** | **Topic:** | **Objective:** | **Task and Resources:**  |
| 13/9 | A&E Coursework  | Complete all Coursework  | Please see Show My HW for resources and tips and pointers.  |
| 20/9 | A&E Coursework | Complete all Coursework  | Please see Show My HW for resources and tips and pointers.  |
| 27/9 | A&E Coursework | Complete all Coursework DEADLINE 30th email submission RST group | Please see Show My HW for resources and tips and pointers.  |
| 4/10 | Chapter 2 – Movement Analysis  | Understand the different lever systemsApply them to different sporting actions. Understand mechanical advantage. | Read and answer questions in the AQA PE Textbook from page 27 – 29 |
| 11/10 | Chapter 2 – Movement Analysis | Understand and define the different types of muscle contraction  | Read and answer questions in the AQA PE Textbook from page 30 - 31 |
| 18/10 | Chapter 2 – Movement Analysis | Understand the different planes of movementUnderstand the different axes of movementApply planes and axes to key movements of the body.  |  Read and answer questions in the AQA PE Textbook from page 32 – 40. |