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

**September and October 2021**

**Term 1**

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| **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 systems  Apply 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 movement  Understand the different axes of movement  Apply planes and axes to key movements of the body. | Read and answer questions in the AQA PE Textbook from page 32 – 40. |