**Year 10 GCSE PE – Working from Home**

**January – February 2023**

**Term 4**

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| **Date:** | **Topic:** | **Objective:** | **Task and Resources:** |
| 3/1 | Chapter 1b – Cardiac cycle | Familiarisation of the cardiac cycle | Read and answer questions in the AQA PE Textbook from page 1 – 3.  Please see Show My HW for resources and power point. |
| 9/1 | Chapter 1c – Aerobic and Anaerobic System | Identify and explain the two different energy systems | Read and answer questions in the AQA PE Textbook from page 1 – 3.  Please see Show My HW for resources and power point. |
| 16/1 | Chapter 4 – Skill Classification | Identify and explain the different skill classifications | Read and answer questions in the AQA PE Textbook from page 79 – 83.  Please see Show My HW for resources and power point. |
| 23/1 | Chapter 4 – Goal setting | Identify and explain goal setting | Read and answer questions in the AQA PE Textbook from page 84 – 85.  Please see Show My HW for resources and power point. |
| 30/1 | Chapter 4 - Information Processing | Describe the Information Processing Model and apply to practical examples. | Read and answer questions in the AQA PE Textbook from page 86 – 87.  Please see Show My HW for resources and power point. |
| 6/2 | Chapter 4 - Guidance and Feedback | Describe the different ways to provide guidance and feedback | Read and answer questions in the AQA PE Textbook from page 88 – 93.  Please see Show My HW for resources and power point. |
| 13/2 | Summary of Chapters, 1C / 1B and 4. | Produce revision mind maps for Chapters, 1C / 1B and 4. | Use textbooks and sheets of plain paper to create three detailed mind maps. |