**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.  |