

HEALTHY LIFESTYLES

PERFORMANCE ANALYSIS

YEAR 7

Homework set to boost and aid progress in Physical Education by giving students an understanding of how exercise benefits health.

Homework tasks will focus on an extended piece of writing.

Y7 football is on a Tuesday night.
Badminton, Trampolining, SWFC football training and girls' football is on a Wednesday night.

Homework set to boost and aid progress in Physical Education by giving students an understanding of how performance can be improved.

Homework tasks will focus on an extended piece of writing.

Y7 football is on a Tuesday night.
Badminton, Trampolining, SWFC football training and girls' football is on a Wednesday night.

YEAR 8

Homework set to boost and aid progress in Physical Education by giving students an understanding of how the cardiorespiratory system works..

Homework tasks will focus on an extended piece of writing.

Y8 football is on a Tuesday night.
Badminton, Trampolining, SWFC football training and girls' football is on a Wednesday night.

Homework set to boost and aid progress in Physical Education by giving students the opportunity to analyse a performance across a variety of sports.

Homework tasks will focus on an extended piece of writing.

Y8 football is on a Tuesday night.
Badminton, Trampolining, SWFC football training and girls' football is on a Wednesday night.

YEAR 9

Homework set to boost and aid progress in Physical Education by giving students an understanding of how fitness components impact performance.

Homework tasks will focus on an extended piece of writing.

Y9 football is on a Thursday night.
Badminton, Trampolining, SWFC football training and girls' football is on a Wednesday night.

Homework set to boost and aid progress in Physical Education by giving students the opportunity to plan a skills session to improve a performance weakness.

Homework tasks will focus on an extended piece of writing.

Y9 football is on a Thursday night.
Badminton, Trampolining, SWFC football training and girls' football is on a Wednesday night.

KS4 PE Homework

- GCSE PE – weekly written homework set to consolidate theory lesson content.
- Practical revision Wednesday afterschool and Friday afternoon.
- BTEC Sport – weekly written homework set to complete coursework tasks.
- Coursework catch up on Friday afternoon.