

Haggerston PE department Homework Schedule

Faculty: Expressive Arts Subject: PE

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<i>Rules: Identify 3 rules which govern the way in which your sport is played or relate to safety.</i>	<i>Mental capacity: Recall an example of when you had to overcome a difficult situation within sport or a competitive environment.</i>	<i>Healthy lifestyle: Identify 3 benefits to your health through participation in your sport/activity.</i>	<i>Warming up/cooling down: Name 3 physical effects of a warm up/cool down.</i>	<i>Skills: Identify 3 skills which you have learnt within your sport/activity.</i>	<i>Playing positions: Identify 3 playing positions or roles of your sport.</i>
8	<i>Rules: Explain 3 rules which govern the way in which your sport is played or relate to safety.</i>	<i>Mental capacity: Describe an occasion of when you had to overcome a difficult situation within sport or a competitive environment.</i>	<i>Healthy lifestyle: Explain 3 benefits to your health through participation in your sport/activity.</i>	<i>Warming up/cooling down: Explain 3 physical effects of a warm up/cool down and the benefit of them.</i>	<i>Skills: Choose 2 skills and explain the teaching points/techniques for performing them successfully.</i>	<i>Playing positions: Explain the roles of 3 playing positions or roles within your sport</i>
9	<i>Rules: Evaluate 3 rules which govern the way in which your sport is played or relate to safety.</i>	<i>Mental capacity: Explain an occasion when you have had to overcome a difficult situation in sport or a competitive environment and what effect it had on your performance.</i>	<i>Healthy lifestyle: Justify the health benefits of participation within your sport/activity.</i>	<i>Warming up/cooling down: Explain 3 physical effects of a warm up/cool down and be able to explain the difference between static and dynamic stretching.</i>	<i>Skills: Be able to evaluate the performance of a selected skill and explain how it can be improved.</i>	<i>Playing positions: Evaluate the importance of 3 different roles or playing positions within your sport.</i>