Christmas Home Learning Challenges



**HOME LEARNING TASK:**

**3 past exam questions:**

1. Explain three ways in which an increase in explosive strength may improve Zoe’s performance in football [3 marks]
2. Discuss whether the One Rep Max Test is a relevant test for a gymnast. [4 marks]
3. Using a team sport of your choice, evaluate how appropriate it would be for a performer to use a mixture of interval training and weight training [9]



GCSE SUBJECT: PE

**CHECKLIST**

Subject Priorities from the Mock Exam:

* Understanding command words – particularly explain (give reasons), discuss (give both sides of argument) and evaluate (discuss and come to a conclusion)
* AO1 knowledge missing:

Paper 1 – Principles of training and component of fitness definitions Paper 2 - Arousal theory and information processing model

* NEA is very important! Need to meet deadlines and respond to coursework feedback.

**Subject Enrichment Challenge:**

Something to read: Another perfect coursework example (25/25 marks) on rugby. Assigned and attached on Satchel One.

Something to watch / listen: GCSE POD: <https://members.gcsepod.com/shared/podcasts/chapter/72519> (3.5 mins) on information processing and <https://members.gcsepod.com/shared/podcasts/title/11782/72795> (3.5 mins) on arousal / mental preparation for performance.



**Making Notes: Wider Reading (Enrichment Challenge)**

Use the following template to help you make notes on each article / lecture / podcast that you engage with to develop your understanding of the subject’s key ideas and concepts and to apply it to your study in lesson.

**Summary:** *Summarise the knowledge you have now learnt relating to this topic.*

**Key Ideas:** *In this section, record the main ideas explored in the text. Consider key words and vocabulary, questions, comments and the big ideas which the text explores.*

Notes: I*n this section, write notes from the article / video / podcast. Try to keep your writing in note-form. This will ensure you can record as much information as possible.*

**To do:**

*(What do I need to do to apply these ideas to my areas of study/ what questions do I still have for my teacher?)*

Name:

Subject & Topic: