

Date	Wednesday P3 - Topic	Resources
Weds 25 <sup>th</sup> March	Practical Lesson 1 hour of physical activity	Core PE Task Sheet
1 <sup>st</sup> April	<b>Health &amp; Fitness:</b> <b>1. Make notes/poster/revision cards</b> <ul style="list-style-type: none"> <li>- Definitions of Health &amp; Fitness</li> <li>- Components of Fitness</li> </ul> <b>2. Complete Activity on Pg 51</b>  <b>3. Complete these sections on Seneca:</b> <b>3.1.1 3.2.1</b>	Kerboodle/Text Book Pages 44-51  Seneca 3.1.1 3.2.1
8 <sup>th</sup> April	<i>Easter Holidays! Keep up the exercise and chill too!</i>	
15 <sup>th</sup> April	<i>Easter Holidays! Keep up the exercise and chill too!</i>	
22 <sup>nd</sup> April	Practical Lesson 1 hour of physical activity	Core PE Task Sheet
29 <sup>th</sup> April	<b>Fitness Testing:</b> <b>1. Make notes/poster/revision cards</b> <ul style="list-style-type: none"> <li>- Reasons for fitness testing (pg 52)</li> <li>- Limitations of Fitness Testing (Pg 53)</li> <li>- Quantitative and Qualitative Data (Pg 54)</li> </ul> <b>2. Complete this sections on Seneca:</b> <b>5.1 5.2 (all of the data section)</b>	Kerboodle/Text Book Pages 52 – 54  Seneca  5.1 5.2
6 <sup>th</sup> May	Practical Lesson 1 hour of physical activity	Core PE Task Sheet
13 <sup>th</sup> May	<b>Fitness Testing:</b> <b>1. Make notes/poster/revision cards</b> <ul style="list-style-type: none"> <li>- Illinois Agility Test</li> <li>- Stork Balance Test</li> <li>- Multi Stage Fitness Test</li> <li>- Wall toss test</li> <li>- Sit and Reach test</li> </ul> <b>2. Complete these sections on Seneca:</b> <b>3.2.2 3.2.3 3.2.4 3.2.5</b>	Kerboodle/Text Book Pages 55 – 59  Seneca 3.2.2 3.2.3 3.2.4 3.2.5
20 <sup>th</sup> May	Practical Lesson 1 hour of physical activity	Core PE Task Sheet
27 <sup>th</sup> May	<i>Half term! Keep up the exercise and chill too!</i>	
3 <sup>rd</sup> June	<b>Fitness Testing:</b> <b>1. Make notes/poster/revision cards</b> <ul style="list-style-type: none"> <li>- Sit up bleep test</li> <li>- Vertical Jump Test</li> <li>- Ruler Drop Test</li> <li>- One Rep Max</li> <li>- 30m sprint</li> <li>- Handgrip dynamometer</li> </ul> <b>2. Complete Activity on Pg 65</b> <b>3. Complete these sections on Seneca:</b> <b>3.2.6 3.2.7 3.2.8</b>	Kerboodle/Text Book Pages 60 - 65  Seneca 3.2.6 3.2.7 3.2.8
10 <sup>th</sup> June	Practical Lesson 1 hour of physical activity	Core PE Task Sheet

17 <sup>th</sup> June	<b>Principles of Training:</b> <ol style="list-style-type: none"> <li>1. <b>Make notes/poster/revision cards</b> <ul style="list-style-type: none"> <li>- SPORT</li> <li>- FITT</li> <li>- Training Thresholds</li> <li>- Circuit Training</li> <li>- Continuous Training</li> <li>- Interval Training</li> <li>- Fartlek Training</li> </ul> </li> <li>2. <b>Complete these sections on Seneca:</b> 4.1 (all principles of training)</li> </ol>	Kerboodle/Text Book Pages 66 – 73  Seneca 4.1
24 <sup>th</sup> June	Practical Lesson 1 hour of physical activity	<b>Core PE Task Sheet</b>
1 <sup>st</sup> July	<b>Principles of Training:</b> <ol style="list-style-type: none"> <li>1. <b>Make notes/poster/revision cards</b> <ul style="list-style-type: none"> <li>- Static Stretching</li> <li>- Weight Training</li> <li>- Plyometric Training</li> <li>- High Altitude Training</li> </ul> </li> <li>2. <b>Complete Activities on Pg 67 &amp; 77</b></li> </ol>	Kerboodle/Text Book Pages 74 – 77  No Seneca this week ☹️
8 <sup>th</sup> July	Practical Lesson 1 hour of physical activity	<b>Core PE Task Sheet</b>
15 <sup>th</sup> July	<b>Finishing off unit:</b> <ol style="list-style-type: none"> <li>1. <b>Make notes/poster/revision cards</b> <ul style="list-style-type: none"> <li>- Preventing injury</li> <li>- Training seasons</li> <li>- Warming up and cooling down</li> </ul> </li> <li>2. <b>Complete Activity on Pg 65</b></li> <li>3. <b>Complete these sections on Seneca:</b> 4.2 (whole section including end of topic test)</li> </ol>	Kerboodle/Text Book Pages 78 – 81  Seneca 4.2

### **Advice on how to complete work:**

- 1) Use Kerboodle (online text book – I have also scanned this in and sent on Epraise and email)
- 2) Study a page, make a revision card/summary poster in or out of book. Cover it up. Test yourself (see what you can recall).
- 3) Make posters/ highlight key terms. **MAKE IT MEMORABLE**
- 4) Complete work on PC or in your book - If you run out of space in your book, create a new one out of paper if you can!

### **Practical Lessons**

We were planning to alternate practical and theory! Please use the task sheet sent for Core PE lessons (epraise) to complete an active workout session. This will help to keep your general fitness levels up and help with practical grades. Complete an activity log too. YOU CAN ALSO RESEARCH ATHLETICS EVENTS YOU MAY BE INTERESTED IN! Look at techniques, ruling, etc!

**Remember to follow government guidelines to keep you and your families safe and well.**  
**Any questions please do email me ☺️ [Chloe.limbrick@jmhs.hereford.sch.uk](mailto:Chloe.limbrick@jmhs.hereford.sch.uk)**