

Y9 GCSE PE lessons for Friday P1 with Mr Wyatt

Please do as much as you can in 45-60 minutes. Please email me if you require any help

dean.wyatt@jmhs.hereford.sch.uk

I may send additional/amended tasks every Friday. BBC bitesize (AQA) is a great place to revise and test yourself

<https://www.bbc.co.uk/bitesize/examspecs/zp49cwx>

| Date | Topic / Tasks | Resources |
|------------------------|---|---|
| 24 th April | Revision of The skeletal System: a) Make a revision resource/card that names the bones that articulate (meet) at the shoulder, elbow, hip, knee and ankle. b) Draw images that help you remember the 6 functions of the skeleton c) Complete tasks on Seneca | Kerboodle/Text book pages 6-8 Seneca 1.1.1 to 1.1.3 |
| 1 st May | Practical lesson" 1 hour of physical activity | Refer to Core PE tasks on e-praise |
| 8 th May | Revision of Joints and movement a) Make revision resource/card that summarises the types of movement you can do at each of a hinge and a ball and socket joint. b) Draw stick men clearly showing each of the movements listed in key terms box on page 10. c) Complete tasks on Seneca | Kerboodle/Text book pages 8 - 11 Seneca 1.1.4 and 1.1.5 |
| 15 th May | Practical lesson" 1 hour of physical activity | Refer to Core PE tasks on e-praise |
| 22 nd May | Revision of The Muscular system: a) Make a revision resource /card that names the muscle that act to move the following joints : Shoulder, Elbow, Hip, Knee, ankle. (Page 13 will help!) b) Look at the pictures of tug of war and a press-up on page 14. Identify and explain the types of muscle contraction occurring in each. c) Complete Seneca task EXTENSION : complete End of topic test on Seneca | Kerboodle/ Text book pages 12- 14 Seneca 1.1.6 Seneca 1.1.7 |
| 29 th May | Half Term Holiday: Keep up the exercise | |
| 5 th June | Practical lesson" 1 hour of physical activity | Refer to Core PE tasks on e-praise |
| 12 th June | Revision of the Respiratory System: a)Make a revision resource that summarises the path of air through the respiratory system AND the process of gaseous exchange (pages 15 & 16) b) Use the example of going on a run that starts very gently and gets progressively harder to explain what happens to Tidal volume and Inspiratory Reserve volume. c) Complete Seneca tasks | Kerboodle/textbook pages 15-18 Seneca 1.2.1 Seneca 1.2.7 to 1.2.9 inclusive |
| 19 th June | Practical lesson" 1 hour of physical activity | Refer to Core PE tasks on e-praise |
| 26 th June | Revision of the Cardiovascular system: a)Make a revision resource which summarises: The 3 types of blood vessel and the pathway of blood (page 21) b) Copy out the definitions in the Key Terms box on page 21 c) Do activity 7 at the bottom of page 21 | Kerboodle/textbook pages 19 -23 |
| 3 rd July | Practical lesson" 1 hour of physical activity | Refer to Core PE tasks on e-praise |
| 10 th July | Revision of the Cardiovascular system: Complete Seneca tasks 1.2.2 to 1.2.6 inclusive EXTENSION : complete End of topic test on Seneca | Seneca 1.2.2 to 1.2.6 Seneca 1.2.10 |
| 17 th July | Practical lesson" 1 hour of physical activity | Refer to Core PE tasks on e-praise |