



PHYSICAL EDUCATION

Summer Work

Section A:

For your chosen sport design a detailed warm up which is specific to your activity and can be completed in 10 minutes. You must include; all three phases and explain what is happening physiologically to the body during that phase and how it prepares the body for exercise.

Section B:

Think back to when you learned a new skill within a sport you know play, maybe passing a ball in football, shooting in hockey, or tackling in rugby.

Think about how you learned the skill – did you learn it in isolation or in a game situation.

Were you taught the skill or did you discover the skill yourself?

I want you to consider coaching a young performer (maybe 8- 10 years of age) a specific skill in a sport of your choice.

Your task is to create a training programme (of 2 – 4 sessions) to help the performer learn and develop a new skill.

Consider the following in your description:

What is the best way for them to learn the skill?

How long should the sessions last for to avoid boredom?

Do your sessions challenge the performers?

Can you record progress in any way?

How can you ensure the skill is not forgotten?

How can you ensure the skill is transferable into a competitive situation?

The programme can be discussed in an essay or written into a table of some sort.

I would expect 2 – 6 pages of A4 to be used for such a task.

Section C:

Prepare a speech that would explain why it is important for young people to engage in practical activities and how you would encourage them to take part.

This could be sport specific or general.

Use example where possible.

Bring in the prepared speech in written form to the first lesson.