



100% Homework

Subject: Physical Education

Parents / carers can support their child in improving their learning by accessing the 100% Homework resources and encouraging self-quizzing at home. Regular testing of key concepts, content and vocabulary is proven to improve memory and the ability to recall important knowledge.

Key learning for term 2 (January-April):

	What they need to know	What they should be doing at home	What resources are available	How can I help?
Yr 7	Dance Health Related Fitness Handball Basketball Football Rugby	Rules/skills related tests for each activity on Quizlet at the end of each rotation	National Governing Body websites (please see details below) for information on sporting rules and regulations You Tube to watch key sports and techniques	Support your child in researching National Governing Body websites for rules on each sport
Yr 8	Handball Basketball Rugby Badminton Dance Health Related Fitness			Encourage your child to take part in sport outside of school
Yr 9	Table Tennis Health Related Fitness Rugby Badminton Football			Encourage your child to self-quiz using Quizlet

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	Handball Basketball			
Yr 10	Evaluating a sports session User groups Barriers to participation Solutions to barriers Factors affecting popularity Trends and new sports Exam skills	Using quizlet weekly to revise key content	Knowledge organisers	Quiz your child on key vocabulary and content using knowledge organisers
Yr 11	Practical Sports Performance (Rounders, Handball, Football, Table Tennis) Planning a fitness training programme	Rules/skills/tactics related tests for each activity on Quizlet Training diary	Knowledge organisers Home learning booklet	Encouraging your child to be using Quizlet weekly Encouraging your child to complete their fitness training diary

Reading:

Reading is a key driver in the improvement of learning and the ability to recall knowledge. All pupils have the following suggested reading list in their student planners. Please encourage your child to read in order to deepen their knowledge of the subjects they study. All books are available in our school library.

Useful Websites

- <https://www.englandnetball.co.uk>
- www.thefa.com
- <https://www.englandrugby.com>
- <https://www.badmintonengland.co.uk>
- <https://www.englandhandball.com>



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- <https://tabletennisengland.co.uk>
- <https://www.Englandhandball.com>

Books suitable for KS3	Coach Carter (Jasmine Jones) Take Your Best Shot (John Coy)
Books suitable for KS4	Bounce (Matthew Syed) Training Secrets of the World's Greatest Footballers: How Science is Transforming the Modern Game (James Witts)

“Books expose children to more facts and to a broader vocabulary than virtually any other activity, and persuasive data indicate that people who read for pleasure enjoy cognitive benefits throughout their lifetime” — Daniel T. Willingham