

Subject	Task	Additional reading and websites
BTEC PE Y11	Make notes on the component of fitness. This will be the main focus of your lessons on return.	You tube: BTEC PE components of fitness.  GCSE BITE SIZE: components of fitness
BTEC PE Y11	Ensure your planned teaching session is typed up ready for you to delivery when you return in September. Remember this will be filmed.	From your book
BTEC PE Y11	Have a look and make noted from the principles of training section.	You tube: Principles of training
Year 11 Health and Social	Task: Ensure your notes on obstacles are typed up, all lessons are on your team's channel if you need to catch up. You will need all of your notes ready for your PSA when you return.  Additional reading: Notes from book	From your book and from PowerPoints that have been emailed to you
Year 10 Health and Social	Task: Read through an example of the PSA and attempt the first section of questions. This is the first task you will be doing in Y10.	Attached
BTEC PE Y10	Have a look at what makes a good warm up. Research 3 sections. Preparation stretches, mobilisers and pulse raisers.	You tube: Different types of pulse raising games in PE Different types of preparation stretches for sport Different types of mobilisers in sport