



Year 10 GCSE PE COVID-19 Work Expectations

Lesson Date	Lesson Title	Lesson Tasks/Requirements
<p style="text-align: center;">Wednesday 22nd April</p>	<p style="text-align: center;">1.2 – Muscular System – Location of Major Muscle Groups</p>	<ol style="list-style-type: none"> 1. Green Pen the Skeletal System Long Answer Question from our last lesson. This can be found under Assignments, you should see the feedback underneath your work. 2. Look through Slides 1 to 16 on https://drive.google.com/open?id=1mO1M_AoNdR_P3vMTK9gpHOuL5cqD5bq3jARxgUIKawA and make notes on the Major Muscle Groups, where they are located and what movement they help to achieve. 3. Complete the Name the Muscles Work Sheet, which can be found in the 1.2 – Muscular System Folder on https://www.gcseperevision.co.uk/revision/resources. <i>This will need to be sent to Mr Pettifor once completed.</i>
<p style="text-align: center;">Friday 24th April</p>	<p style="text-align: center;">Analyse & Evaluate Performance Coursework - Section 2</p>	<ol style="list-style-type: none"> 1. Continue writing your AEP coursework. Your evaluation section should be near enough completed by now. We now need to start/continue with the Analysis section of your work. Guidance can be found at https://www.gcseperevision.co.uk/aep-support and by looking at the Class Materials folder in Microsoft Teams.
<p style="text-align: center;">Wednesday 29th April</p>	<p style="text-align: center;">1.2 - Muscular System - Know The Roles of Major Muscles</p>	<ol style="list-style-type: none"> 1. Complete Quick 10 Starter which can be found via your homework on EduLink. 2. Look through Slides 17 to 19 on https://drive.google.com/open?id=1mO1M_AoNdR_P3vMTK9gpHOuL5cqD5bq3jARxgUIKawA and make notes on the antagonistic pairs and the roles of specific muscles. 3. Once you have completed the note taking, please take the Topic Quiz at the bottom of the page on https://www.gcseperevision.co.uk/topics/applied-anatomy-physiology/the-muscular-system. Please take the test without looking at your notes.
<p style="text-align: center;">Friday 1st May</p>	<p style="text-align: center;">Analyse & Evaluate Performance Coursework - Section 2</p>	<ol style="list-style-type: none"> 1. Continue writing your AEP coursework. You should have started your Analysis section. Your task for this lesson is continuing with the Analysis section of your work. Guidance can be found at https://www.gcseperevision.co.uk/aep-support and by looking at the Class Materials folder in Microsoft Teams.
<p style="text-align: center;">Wednesday 6th May</p>	<p style="text-align: center;">1.2 - Muscular System - Long Answer Question</p>	<p style="text-align: center;">Watch the Muscular System E-Learning Video, which can be found in the 1.2 – Muscular System Folder on https://www.gcseperevision.co.uk/revision/resources.</p> <p style="text-align: center;">Answer the 6-Mark Question, which has been set as an assignment for you on Microsoft Teams. If you need a copy of the question, please click here - https://drive.google.com/open?id=1CVTMcEdxeCSbQulgXyXteNGE49EOAY4B</p>
<p style="text-align: center;">Friday 8th May</p>	<p style="text-align: center;">Analyse & Evaluate Performance Coursework - Section 2</p>	<ol style="list-style-type: none"> 1. Finish writing your Analysis section of your AEP coursework. Make sure you use the checklist and the exemplar materials, both can be found at https://www.gcseperevision.co.uk/aep-support and by looking at the Class Materials folder in Microsoft Teams, and make sure you have included everything that is necessary. 2. Use the checklist, https://drive.google.com/open?id=1CABm-41LltsINJPo464kgUQRW66Wvmx7, and start to plan your Overview of the Key Skills section.



Wednesday 13th May	1.3 - Movement Analysis - Lever Systems	<ol style="list-style-type: none">1. Green Pen the Muscular System Long Answer Question from your last lesson. This can be found under Assignments, you should see the feedback underneath your work.2. Look through Slides 1 to 10 on https://drive.google.com/open?id=1u_EC_wbbzOIX3loghkFVyJIGHRK03qtf-RM_eufjABs and make notes on the Lever Systems & Mechanical Advantage.
Friday 15th May	Analyse & Evaluate Performance Coursework - Section 3	<ol style="list-style-type: none">1. Continue writing your AEP coursework. Your analysis section should be near enough completed by now. We now need to start with the Overview section of your work. Guidance can be found at https://www.gcseperevision.co.uk/aep-support and by looking at the Class Materials folder in Microsoft Teams.
Wednesday 20th May	1.3 - Movement Analysis - Lever Systems	<ol style="list-style-type: none">1. Watch the Movement Analysis - Lever System E-Learning Video, which can be found in the 1.3 – Movement Analysis Folder on https://www.gcseperevision.co.uk/revision/resources.2. Answer the 6-Mark Question, which has been set as an assignment for you on Microsoft Teams. If you need a copy of the question, please click here - https://drive.google.com/open?id=1gz5tSRVkh2BN8bJRJDjbH7t2WTCfDNld
Friday 22nd May	Analyse & Evaluate Performance Coursework - Section 3	<ol style="list-style-type: none">1. Continue writing your Overview section of your AEP coursework. Include a description of the key skills needed to perform effectively in your chosen sport (you can use the criteria for your activity that we assess you on for this by clicking this link - https://drive.google.com/file/d/1R4e0AXOU-Z3qRPCb9uvMXxJvngHII3bl/view). Be specific using examples from the activity and analyse why each of these is needed to perform effectively. Exemplar Materials - https://drive.google.com/open?id=1JrnShj9HG4re7jvlk0mhUokrUf5MCOA8 Guidance can be found at https://www.gcseperevision.co.uk/aep-support and by looking at the Class Materials folder in Microsoft Teams.

May Half Term