

Year 9C PE1 GCSE PE – Summer term 1 overview

Lesson Date	Lesson Title	Lesson Tasks/Work to submit
Tuesday 21st April	5.2 – Diet & Nutrition	<p>Check your previous knowledge – watch the “elearning video” on diet (up to 7 mins 30 secs) https://drive.google.com/drive/folders/12Brnk59C_wr2zO69RxxvS63zU9IQintR3 If this link doesn’t work then find this at: www.gcseperevision.co.uk/revision/resources 5.2 Diet & Nutrition</p> <p>Answer the following questions in your books:</p> <ol style="list-style-type: none"> 1. State what is meant by the term a “balanced diet” (2 sentences - definition) 2. List/state/identify the components of a balanced diet (list) 3. Describe and explain the importance of carbohydrates as a macro-nutrient for an athlete (remember complex & simple and give some examples)
Wednesday 22 nd April	Practical Performance	<p style="text-align: center;">Badminton – singles scoring and match play Watch the following “youtube clips” https://www.youtube.com/watch?v=rrjCTSOU5Z8 – the rules of singles</p> <p>Answer the following questions after watching the clip:</p> <ol style="list-style-type: none"> 1. Which side does the server stand on at the beginning of the game? 2. What happens if you are the server and you win a rally? 3. Which side do you stand on if you are serving and the score is 3-1? 4. How do you win the serve back? 5. What happens if the shuttlecock fails to cross the service line on a serve? 6. Which areas are out of bounds for serving? 7. Which areas are inbounds for the game? (use the correct line names) 8. How many games and points are there in a match? 9. What is setting? <p>https://www.youtube.com/watch?v=4E3Uqc7HfIQ – singles tactics https://www.youtube.com/watch?v=m49CckK9vFo – mens singles final</p>
Tuesday 28th April	5.2 – Diet & Nutrition	<p>Watch the “elearning video” on dehydration (up to 4.11mins) https://drive.google.com/drive/folders/12Brnk59C_wr2zO69RxxvS63zU9IQintR3 If this link doesn’t work then find this at: www.gcseperevision.co.uk/revision/resources 5.2 Diet & Nutrition</p> <p>Answer the following questions in your books:</p> <ol style="list-style-type: none"> 1. Describe the effects on our body of lack of water? List the problems we might have. 2. Why is hydration important in a balanced diet? (describe what water helps us avoid?) 3. How do we avoid dehydration? How do we get fluid in, how much and when? 4. Extended: what are isotonic and hypotonic drinks? 5. Why might a jockey or a boxer need to look at hydration levels and when? <p>https://www.youtube.com/watch?v=liCRrheKIOI (Brownlee video)</p>

Year 9C PE1 GCSE PE – Summer term 1 overview

Wednesday 29th April	Practical Performance	<p><i>Badminton – doubles scoring and match play</i> <i>Watch the following “youtube clips”</i> https://www.youtube.com/watch?v=RWrD5FZAYrE – the rules for doubles Answer the following questions after watching the clip:</p> <ol style="list-style-type: none"> 1. Which side does the server stand on at the beginning of the game? 2. What happens if the server wins the rally? 3. Which side does the server stand on if their team is winning 5-1? 4. How does your team win the serve back? 5. Which areas are out of bounds for serving? 6. What happens if the shuttlecock lands in the back tram lines during the serve? 7. What happens if the shuttlecock lands in the back tram lines during the game? 8. Which areas are inbounds for the game? (use the correct line names) <p>https://www.youtube.com/watch?v=C5TX8JLeGyk – doubles tactics https://www.youtube.com/watch?v=jkE44irgZQ8 – doubles game (4.50 mins on)</p>
Tuesday 5th May	5.2 – Diet & Nutrition	<p>Watch the “elearning video” on dehydration (4.11 mins (recap) to 8.08 mins) https://drive.google.com/drive/folders/12Brnk59C_wr2zO69RxxvS63zU9IQintR3 If this link doesn’t work then find this at: www.gcseperevision.co.uk/revision/resources 5.2 Diet & Nutrition</p> <p>Answer the long answer question (word doc/structure strip/email) “Evaluate the importance of water intake during a marathon race. Explain the effects dehydration has on performance” (6 marks)</p> <p>See the long answer structure strip to help you further https://drive.google.com/drive/folders/12Brnk59C_wr2zO69RxxvS63zU9IQintR3 If this link doesn’t work then find this at: www.gcseperevision.co.uk/revision/resources 5.2 Diet & Nutrition</p> <p>https://www.youtube.com/watch?v=liCRrheKIOI (Brownlee video)</p>
Wednesday 6th May	Practical Performance	<p><i>Badminton Questions – skills and tactics</i></p> <ol style="list-style-type: none"> 1. List as many skills (shots) in Badminton that you can remember 2. Select one shot from the back court and one from the front court and describe the technique needed for a successful shot (feet, weight, non-striking hand, racket hand, contact point, power, follow through) 3. Describe a scenario when you would play each of these shots for a winning point 4. State which shot may have been played by your opponent before you played your winning shot? 5. If their shot was a good one, what other shots may you have played instead?
Tuesday 12th May	5.2 – Diet & Nutrition	<p>Watch the “elearning video” on diet (7mins 30secs - 10 mins) https://drive.google.com/drive/folders/12Brnk59C_wr2zO69RxxvS63zU9IQintR3 If this link doesn’t work then find this at: www.gcseperevision.co.uk/revision/resources 5.2 Diet & Nutrition</p>

Year 9C PE1 GCSE PE – Summer term 1 overview

		<p>Answer the following questions in your books:</p> <ol style="list-style-type: none"> 1. Describe how is glycogen stored in the body and where? 2. Briefly describe what the term carb-loading mean? 3. Describe how would an athlete do this? What happens before and during the carb-loading phase? 4. Explain why an athlete would need to eat carbs straight after the event? List what other nutrients would also be very important to eat then and explain why? 5. List 2 sports where carb-loading would be beneficial
Wednesday 13th May		<p>Retrieval Questions</p> <p>Activity 1 End of Topic Quiz 5.2 Diet & Nutrition Qus – complete on the sheet and upload/submit</p> <p>Activity 2 https://www.gcseperevision.co.uk/revision/quizzes</p> <ol style="list-style-type: none"> 1. Scroll to the bottom and choose OCR GCSE PE – Health& Wellbeing – Quiz solo practice – practice – play choose play or flash cards 2. scroll down and select “Essential Nutrients” 3. scroll down and select “Food Pyramid” 4. scroll down and select “Food Groups”
Tuesday 19th May		<p>Watch the “elearning video” on diet (10 mins onwards) https://drive.google.com/drive/folders/12Brnk59C_wr2zO69RyvS63zU9lQintR3</p> <p>If this link doesn’t work then find this at: www.gcseperevision.co.uk/revision/resources 5.2 Diet & Nutrition</p> <p>Answer the long answer question (word doc/structure strip/email) “Discuss why an endurance athlete would want to carb-load to increase their performance” (6 marks)</p> <p>See the long answer structure strip to help you further https://drive.google.com/drive/folders/12Brnk59C_wr2zO69RyvS63zU9lQintR3</p>
Wednesday 20th May		<p style="text-align: center;">End of Topic Quiz – 5.2 Diet & Nutrition</p> <p>The Quiz is at the very bottom of the page – scroll down and then after you have finished the test press the submit button</p> <p>https://www.gcseperevision.co.uk/topics/health-fitness-well-being/diet-nutrition</p>