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YEAR 10 to YEAR 11	HOME LEARNING SCHEDULE - Summer 2014
Course Title	GCSE Physical Education

GCSE Course title: GCSE Physical Education

Compulsory work set:

1. Plan and write up (on the tables given), your 6 week training programme in readiness to start it in the second week back at school. Ensure you take into account the Principles of Training. Aim for at least 3 exercise sessions per week.
2. Make notes on how you used the Principles of Training to help you write the training programme.
3. Complete the May 2013 exam paper. To do so you will need to revise the topics you have completed so far, i.e. topics 1.1- 1.5. You will also need to read about topics 2.1-2.5 in order to answer the questions about the topics we are due to cover in Year 11.

Extension work set:

For A*-A target grade students - Write notes on the new topic 2.1.

For B target grade and below students the above is optional but strongly advised.

Approximate time these tasks will take:

Compulsory work = 5 hours

Extension work = 2 hours

You will be provided with:

- 6 week training programme planning table
- copy of the May 2013 exam paper

How this work will be assessed at the start of Year 11:

You will start your 6 week training programme in the second week of the new academic year. In the first week back your training programme will be collected for checking. Your notes on the principles of training will also be looked at and then you will write up this section in your PEP.

- 1) The exam paper will firstly be self-assessed, then taken in for teacher marking.
- 2) The extension work will be assessed through a quiz in the first week back and marked when books are taken in for marking.

I confirm that my son/daughter has completed this work.

Signed: _____ (Parent/Carer)