# **Home Learning – Departmental Newsletter**

**Department: PE**

**Week beginning: 13/07/20**

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| **Year 7, 8, 9, 10 Core PE** | |
| ***Objective*** | |
| * Complete at least one hour of physical activity. | |
| **Activity** | |
| * Choose two or more of the 4 PE activities from the bottom of this newsletter. | |
| **How long should this take?** | * 1 hour in total, you can divide this up into smaller sessions. |
| **Resources needed** | * Optional, please see below. |
| ***Gritty activity ideas*** | |
| Independence – design a 15-minute warm up that you can deliver to your peers once we return to school in September. Deliver the warm-up at home to family members to help develop your independent leadership skills. | |

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| **Year 9 GCSE PE (Pupils who have opted for GCSE PE next year)** | |
| ***Objective*** | |
| * Develop knowledge and understanding of socio-cultural influences. | |
| **Activity** | |
| * (A detailed instructional email with further information has been sent to Year 9 students). * Complete socio-cultural influences questions that have been sent out via email. * Questions have been sent using Microsoft Forms * This is a similar task to last week, however, the questions focus on a different area of the chapter. | |
| **How long should this take?** | 30-40 minutes when using the internet to research questions. |
| **Resources needed** | Internet access |
| **Link to road map** | GCSE PE 2.1 Socio-Cultural Issues |
| ***Gritty activity ideas*** | |
| * Independence – design a 15-minute warm up that you can deliver to your peers once we return to school in September. Deliver the warm-up at home to family members to help develop your independent leadership skills. | |

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| **Year 10** | |
| ***Objective*** | |
| * Develop knowledge and understanding of socio-cultural influences. | |
| **Activity** | |
| * (A detailed instructional email with further information has been sent to Year 10 students). * Complete socio-cultural influences questions that have been sent out via email. * Questions have been sent using Microsoft Forms * This is a similar task to last week, however, the questions focus on a different area of the chapter. | |
| **How long should this take?** | 30-40 minutes |
| **Resources needed** | Internet access |
| **Link to road map** | GCSE PE 2.1 Socio-Cultural Issues |
| ***Gritty activity ideas***   * Independence – design a 15-minute warm up that you can deliver to your peers once we return to school in September. Deliver the warm-up at home to family members to help develop your independent leadership skills. | |

**Year 7,8,9,10 Core PE**

