#  **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.
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| **Activity** |
| * Choose two or more of the 4 PE activities from the bottom of this newsletter.
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| **How long should this take?** | * 1 hour in total, you can divide this up into smaller sessions.
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| **Resources needed** | * Optional, please see below.
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| ***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.
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| **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.
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| **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.
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**Year 7,8,9,10 Core PE**

