



# Physical Education

## Year 10



## Summer Support

Are you on track with your recent studies? Look through this checklist of key topics and see if you have an understanding of the key ideas. If you discover a gap in your knowledge use the highlighted tasks from the recently set work to fill in any gaps. Highlight any areas you need to work on.

I have completed my examination reflection, identifying which areas I need to spend more time on. I will complete activities on SENECA for these areas and make a note of questions for my teacher for September.

✓ / ✗

I have completed my NEA strengths and weaknesses section which includes both the skill and the fitness strengths and weaknesses. I have included at least 2 competitive examples in each and used key terminology in my analysis.

I have made a good start on the section Evaluation of fitness weakness which includes identifying my training method, explaining an example session with safety, warm up and cool down information, ready to hand-in in September.

I still need to .... As I didn't complete.....

### Challenge Time

Want to get ahead of the game and prepare for next term? Why not try these tasks:

- Our first topic back is Sports Psychology. You could use the SENECA website—check your email for details of log in information if you can't remember—or BBC bitesize to read up on Skill vs Ability and the Skill continuation
- Got to grips with that? Have a look at goal setting. What is the acronym we use to remember this? What short, medium and long term goals would be used in your sport?