



Physical Education



Summer Support

Year 9

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.

Give yourself a head start for GCSE in Year 10. Use the bbc bitesize website and find the PE AQA section. Work through the unit called 'Skeletal System' making some notes as you go.	✓ / ✗
I can name the 14 important bones and can explain the functions of the skeletal system, giving examples of where both are used.	
I am able to identify the different types of bones and their role in the skeletal system, giving examples of each and with a sporting example.	
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 continues with physiology. You could use the BBC bitesize website to read up on the muscular system. It will help you if you can name the muscles and know where they are in the body.
- Got to grips with that? Have a look at how muscles and bones work together to create movement. What do muscles do to make the bone move? Where do these movements always occur?