

Year 7

Write an article about the importance of PE in schools to send to the school governors

Year 8

Watch the documentary "I am Bolt" and write an overview about the importance of the Olympics

Year 9

Design an individual fitness circuit for yourself that you could complete at home in a small space. Think about the components of fitness you are targeting and the sport you take part in and how it will benefit you moving forward.

Year 10

Complete 3 chosen fitness tests for specific Components on Fitness and record your results. Create a basic training programme to improve your chosen components over the course of 6-8 weeks. Complete the fitness tests again and record the results to see if they have improved.

Research a balanced healthy food plan. Explain the different parts of your food plan and justify your choices. How would this plan differ depending on the amount of exercise you take part in.

Year 11

Research sportsmanship in sport. How could we implement and encourage these values through PE lessons? Give suggestions.

Design your own Physical Education lesson to include a warm up, practices and conditioned game situation. What would you focus on in your lesson? How would you ensure everyone got involved? What rules would you implement in your game?