

Homework Project

Your task is to complete a project on the topic of 'Physical Education'. Choose one or more of the tasks on the other side of this sheet and complete it to the best of your ability. The tasks are divided into the following categories:

Enjoy

Achieve

Aspire

Enjoy - Aspire - Challenge

These three categories are the levels of difficulty of each task. So, choose a task that suits your ability but make sure it challenges your skills.

Due date: 7th October

Your tutor will mark your project. On Wednesday, during lunch time break, there will be an hour homework club to support you along the way. There will be house points available for effort and achievement. Outstanding project, will be celebrated in assembly and displayed around the school. Winners of the best homework will be invited for a lunch in a local restaurant.



**IT NEVER
GETS EASIER,
YOU JUST
GET BETTER.**

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Blue - Enjoy

Yellow - Aspire

Red - Challenge



Create a definition poster using words that underpin all physical activities and sports.

- Stamina
- Speed
- Strength
- Suppleness
- Agility
- Balance
- Co ordination
- Explosive power
- Fast reactions

Choreograph your own yoga/ dance routine:

You could include you friends/**siblings/parents/carers**.

Present by:

- draw pictures of the moves you would do to a song or **record a video**



Design a football kit or a trainer:

- Make sure it is colourful and eye catching, **label each part of your design kit.**

Invent and plan your own game or warm up. You could even demonstrate it and film it.



Create an expert tutorial video covering the activity area that you are studying at the moment.



Visit your local leisure centre/ sports facility and put together a factsheet about/**leaflet**:

- Location
- Activities that you can do there

Design a fact sheet summarising a physical activity area that you are studying at the moment or interested in.

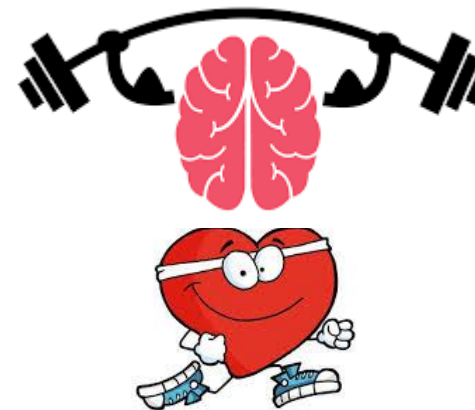
Work must include:

- Rules
- Equipment needed
- Activity organisation

Write a report on you favourite sport/ sports personality.

You need to:

- Include pictures.
- Say what that sports person has done before/ the history of the sport.



Make a sports report about a sports event that you have seen or you have participated in.

Include pictures and information about the physical activity as well as activity, score (if there was one), time and dates.