

# **PE**

## **KS3 PE:**

Pupils have been introduced to how they should structure a training session during the first week of term.

For today's lesson, we would like pupils to design their own warm up. Pupils must remember the 3 parts to a warm up whilst designing -

1. Pulse Raiser
2. Dynamic & Static Stretching
3. Game related activity

Pupils will have the opportunity within their working groups to lead their warm up over the next few weeks.

## **GCSE PE:**

For today's GCSE PE and Sports Coaching lesson, we would like pupils to research the fitness tests that they completed last week.

### **Pupils need to -**

- Identify each test and the protocol of how each test should be conducted.
- Research what 'Component of Fitness' each test is testing.
- Once the component of fitness is identified, apply that component to your main sport, highlighting areas of that sport that utilise that component.

*For example, the multi stage fitness test, tests the component of cardiovascular endurance. You need good cardiovascular in hockey to be able to perform to a high standard throughout the game without becoming tired.*