



# Year 10 Summer Support 2020-21

NCFE PE

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Advice and support for all Year 10 students Regular independent study will aid the recall of knowledge and enhance your skills to ensure targets are met next year	Tick when complete
<ul style="list-style-type: none"> <li>• Use this as a PLC checklist to guide your study, highlight topics you need to develop your knowledge of.</li> <li>• Download and print off past paper and attempt to complete these in the time set. Use mark schemes on line to check your answers</li> <li>• Complete revision work booklet using topic on a page on SMHWK</li> <li>• Practice your exercises at home as part of the training programme you have designed.</li> </ul>	
Study areas to practise or complete Important deadlines to note	Tick when complete
Ensure that you develop your understanding or the Muscular system	
Ensure that you can label the major muscles	
Ensure that you develop your understanding of the skeletal system	
Ensure that you can label the major bones	
Ensure you understand the components of the cardiovascular system	
Ensure you can label the chambers of the heart	
Ensure that you understand the components of fitness	
Ensure that you know how to test and train each component of fitness	
Ensure you understand how the different components of fitness benefit performance in specific sports.	
Ensure that you understand the principles of training <b>S.P.O.R.T</b>	
Ensure that you understand how to Overload when training <b>F.I.T.T</b>	
Ensure that you understand the two different energy pathways	
Ensure that you understand how to design a training programme for different activities	
Ensure that you understand the command words. Explain/Describe/Evaluate	
Ensure that you know how to answer the extended writing questions (6 and 9 Marks) using Point, Evidence, sporting Example.	