



# Year 10 Core PE Summer Support

## 2020-21

NCFE PE

| <b>Advice and support for all PE students</b>  | <b>Tick when complete</b> |
|--|---------------------------|
| <b>Regular independent study will aid the recall of knowledge and enhance your skills to ensure targets are met next year</b>  |                           |
| <ul style="list-style-type: none"> <li>• Change into your PE kit or some sports gear</li> <li>• Find a space to complete your circuit training</li> <li>• Have with you a drink or water</li> <li>• Complete the Hadley warm up.</li> <li>• Complete the circuit twice a week every week of the summer holidays.</li> <li>• Record your results on the record sheet attached.</li> <li>• Make sure you cool down</li> <li>• To prevent boredom you could design your own circuit training session</li> </ul> |                           |
|  |                           |
| <b>Study areas to practise or complete</b>   | <b>Tick when complete</b> |
| <b>Important deadlines to note</b>   |                           |
| Ensure you understand the importance of a warmup.<br>(Carry out a warm up for 10 minutes)  |                           |
| Ensure you understand the importance of a cool down.<br>(Carry out a Cool down for 10 minutes)   |                           |
| Ensure that you complete at least 1 hours exercise twice a week every week of the summer holiday   |                           |
| Ensure you understand how your heart rate changes when you exercise  |                           |
| Ensure you understand how your breathing rate changes when you exercise  |                           |
| Ensure that you understand what the muscles are that you are working on in your circuit  |                           |
| Ensure that you understand what circuit training is and how this improves your fitness   |                           |