

Year 10 GCSE PE – 29th April 2020

Hi all

First of all, we hope that you and your families are safe and well. This blog has 4 main priorities:

- Catch up with all things new regarding working from home
- To remind you where you should be up to whilst you are working from home
- To give you feedback on your topic tasks, offering up common misconceptions (things many people get wrong) and modelling perfect answers
- To give you feedback on your NEA and again offer common misconceptions.

Catch up

Whilst we have been at home the school has been working hard to set up Microsoft Teams. An e-mail has been sent to your parents to remind you how to access this (can also be seen on your week by week guide), please use this to submit your work for feedback and to ask any questions you may have. It has been great to see some of you sending your work in, please continue to do this. If you haven't already, don't think it is too late to start now.

Where should you be up to?

A reminder that the week by week guide is on your home learning and now on your Microsoft Teams account.

By now you should be read and engaged in the activities on the PowerPoints AND have completed the topic tests on the following topics (page numbers for the topic tests are on the week by week guide)

- Types of Training including advantages and disadvantages
- Principles of training and overload
- Calculating intensities to optimise training effectiveness
- **Consideration to prevent injury**

We also expect that you have completed both strength 1 (Fitness strength) and strength 2 (skill strength) on your NEA. This is vitally important.

Topic test feedback – How to prevent Injury

Just a reminder that the answers to the questions on the topic tests are at the bottom of the document. Be strict with yourself, if the mark isn't there or you are not specific enough, don't award the mark.

| Ways to prevent Injury | | | |
|-------------------------------|---|----------------------------|--------------------------|
| 3 stage warm up | Avoid overtraining (Use FITT principles) | Check equipment/facilities | Wear protective clothing |
| Use of taping and bracing | Hydration | Stretches | Correct technique |

Always remember to read the whole question, if a sporting example is used then it is important that your answer is specific to that sport. For example:

How could checking of equipment/facilities in football prevent injury?

Check equipment is safe to use such as the goal posts are secure. You will also check that the pitch is safe and there are no holes in which you could twist your ankle or grass that you could cut yourself on when slide tackling.

Topic Test Feedback –Calculating Intensities

Training thresholds are the intensity of exercise you are performing and is dictated by the heart rate you are exercising at. They can either be anaerobic/anaerobic or a measure of strength depending on the intensity of exercise.

| | |
|--|---|
| Maximum Heart rate (MHR) = 220-AGE | |
| AEROBIC TRAINING THRESHOLD 60-80% of your MHR | ANAEROBIC TRAINING THRESHOLD 80-90% of your MHR |
| 1Repetition Maximum (1RM) = the max weight you can lift once | |
| MUSCULAR STRENGTH 70% above of your 1RM 4-8 reps | MUSCULAR ENDURANCE (period of time) Below 70% of your 1RM 12-15 reps |
| Repetitions = how many of the weight you lift | |
| MUSCULAR STRENGTH High weight (above 70%) x low repetitions | MUSCULAR ENDURANCE (period of time) Low weight (below 70%) x high repetitions |

Let's look at some questions: A 44 year-old who wants to work in her aerobic training zone

$$220 - 44 = 176$$

$$60\% = 176 \times 0.60 = 106$$

$$80\% = 176 \times 0.80 = 141$$

Her aerobic training zone is between 106bpm and 141bpm

A 50 year-old male wants to improve his muscular strength. His one rep max for a bench press is 64kg. What weight and how many reps does he need to do to improve his muscular strength?

70% of 64kg

$$64 \times 0.70 = 49\text{kg}$$

He must do 4-8 bench press reps of 49kg

NEA Feedback

First of all we have seen some fantastic pieces of work coming in. Please send completed parts of the NEA (e.g. Strength 1 completed) onto Microsoft Teams so we can give you feedback. Below are some common misconceptions we have seen so far:

Strength 1

- It is important that you choose a type of fitness that is relevant to the sport and needed to start with. This will allow you to write more freely.
- Be specific to how this type of training will help you and give many different reasons e.g. Power would help a footballer in many ways – shooting/long range passing/jumping to win a header/accelerating/goal kicks/crossing the ball with speed – you need to explain the importance of each one and how they require power
- Remember that you must give 2 actual examples of when this type of fitness allowed you to perform well. Tell the story and give dates to when the game/match/event occurred

Strength 2

- Pick a skill that is on the specification. You can access the specification on the following page, just find your sport and see which skills can be used:
<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>
- Be specific! What are you doing technically to allow you to perform the skill well? Use a diagram to help your explanation and give a step by step guide to how the skill is performed, outlining your strengths in each step.

Some of you have completed the strengths and weaknesses section of your coursework which is great. Make sure you send it in to be marked, so that you can respond to the feedback to update your work. An Evaluation help sheet will be put on Teams for those who would like to get ahead.

You must keep completing the week by week guide and the topic tests too!

That's all for now. Remember that if you have any questions you can ask them on Microsoft Teams.

Look forward to seeing your work and stay safe.

Mr Ward & Miss Jones