**Year 11 GCSE PE – Working from Home**

**November and December**

**Term 2**

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| **Date:** | **Topic:** | **Objective:** | **Task and Resources:** |
| 1/11 | Chapter 6 – Health and Fitness Definitions | Define the key terms and complete the booklet. | Powerpoint slides 1-15.  Please see Show My HW for resources and powerpoint. |
| 8/11 | Chapter 6 – Sedentary Lifestyle and Obesity | What are the consequences of a sedentary lifestyle and consequences of obesity? | Powerpoint slides 17 -33  Please see Show My HW for resources and powerpoint. |
| 15/11 | Chapter 6 – Somatotypes | Identify and explain the different somatotypes | Read and answer questions in the AQA PE Textbook from page 113 – 117.  Powerpoint slides 45 -67  Please see Show My HW for resources and powerpoint. |
| 22/11 | Chapter 6 – Diet and Nutrition | Identify and explain the different food groups. Investigate the energy equation | Read and answer questions in the AQA PE Textbook from page 118 – 121. |
| 29/12 | Paper One Revision | Look over and revise Chapters 1, 2 and 3 | Use Text book  BBC Bitesize |
| 6/12 | Paper Two Revision | Look over and revise Chapters 4, 5 and 6 | Use text book  BBC Bitesize |
| 13/12 |  |  |  |