

Physical Education Department
Summer Term Activities

Key Stage 3 – Years 7, 8 and 9.

Rounders / Baseball / Cricket

<http://oggybloggyogwr.blogspot.com/2012/08/whatever-happened-to-welsh-baseball.html>

This term would have seen us learning skills for and playing the games of Rounders, Baseball and Cricket.

Over the next few weeks, the PE department would like to see practicing some of the skills needed in these games and completing some fitness tests which will help you to improve in those games.

Equipment needed:

- Tennis ball / soft cricket ball
- Baseball bat / tennis racket / cricket bat (do not worry if you don't have one)
- A wall
- Garden / space by your home
- 4 cones / jumpers / poles (anything to make the bases or stumps)

Tasks to complete:

1. Throwing and catching:

Practice throwing underarm and catching against a wall.

Move closer or further away from the wall, ensuring you catch the ball without it bouncing.

Vary the height, speed and angle of the throw as you get more confident and competent.

2. Alternative Hand Wall Test (Test for Coordination)

Complete the test and record your score

Below is the link to show how the test should be performed:
<https://www.youtube.com/watch?v=cw-JFfIMHVI>

3. Throwing and catching:

Practice overarm and underarm throwing and catching with a partner (family member or continue throwing against the wall if no one is available).

Make sure you change the distance between each other.

Overarm throw: use for longer distance

Underarm throw: use for shorter distance

4. Batting:

If you do not have a bat, do not worry just leave this task out. Practice batting, ensuring the bowler bowls underarm.

Stand side on to the bowler and have your bat at waist height for rounders and baseball. Hit through the ball.

For cricket, try to keep your bat straight and touching the floor as the bowler bowls.

If the ball is not in line with the stumps you can hit across the line of the ball as in the photo below.



5. Bowling – for baseball try bowling by stepping into the action from 1 step and develop it into 2 to 3 steps to add speed. Release the ball at waist height and try to keep it flat and fast. This can be completed to a partner or at a target on a wall from about 10 paces away.

For cricket try bowling underarm and develop to over arm when confident.

<https://twitter.com/MarkRing10/status/1256670731464773633>



6. Game:

Set up the bases or cones and have a game using the skills you have practiced (get family members involved), the more the better.

<https://www.youtube.com/watch?v=XJJHQ9Tebcs>

<https://www.youtube.com/watch?v=Hm-2Gjgn42w>

Keeping Fit in these Strange times – all year groups

We all know exercise is important, but it has such positive impact on the mind and body.

Challenge yourself - 1 kilometre and 2 kilometre run – using your smart phone or Fitbit type if you have one challenge yourself to run either 1 kilometre or 2 kilometres. Track your results if you complete it more than once and let us know on Twitter how you get on.

How many times can you complete the challenge?

Who completes the challenge the fastest?

Who completes the challenge the most times?

Make sure you try and include at least 20 minutes of exercise a day.

Here are some other ideas, including:

Yoga:

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

<https://www.youtube.com/watch?v=bJJWArRfKa0>

<https://www.youtube.com/watch?v=r7xsYgTeM2Q>

<https://www.youtube.com/watch?v=LI9upn4t9n8>

20 minute sessions:

<https://www.youtube.com/watch?v=Mvo2snJGhtM>

<https://www.youtube.com/watch?v=fHfTCd2q-rg>

<https://www.youtube.com/watch?v=LVN36vxERa4>

Dancing:

<https://www.youtube.com/watch?v=IDA8QqF5gtM>

Also, you have Joe Wicks, The Body Coach every morning at 9am on Youtube.

Follow @MrsMDaviesPE and @WhitmorehighPE on Twitter for daily exercises too.

Year 10 Sport / PE Exam Classes

All students should have been following the links in Google classroom to complete regular PE / Sport written work that we would have been doing this term.

There are a number of resources on the school website – “Learning” – “GCSE Student Resources” – “Physical Education” – Level 1 / 2 Sport – Unit 2 Fitness for Sport.

All tasks within this unit will need to be completed during this next half term –

1. 2019 Exam paper. Then complete corrections by using the mark scheme to help.
2. Fitness for Sport Booklet – attempt all areas in the booklet
3. Use the Knowledge Organisers to help you revise and learn new terminology and research yourselves from the internet on sites such as Brianmac – Components of Fitness, Methods of Training, Skill Related Fitness.

If you finish that unit you can start to familiarise yourself with Unit 1 – Improving performance where you will need to plan how to improve your performance in your main sport.

Read the outline information, start to plan the programme of training and why?

Year 12 Btec Sport Classes

Most students have completed Unit 1 Anatomy DW and Unit 7 Fitness Testing DM and now need to complete all the assignments in Unit 2 Physiology for Sport. There are 4 assignments to be completed which are all on Google classroom that you have access to.

Completed assignments can be sent to DW or DM via Google classroom or email.

If there are any assignments that you have not finalised from Unit 1 or 7 then they also need to be completed.