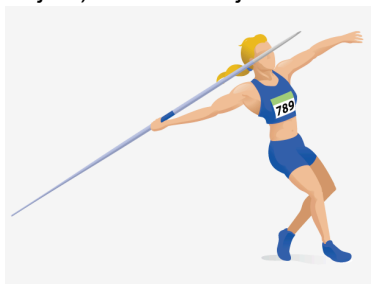

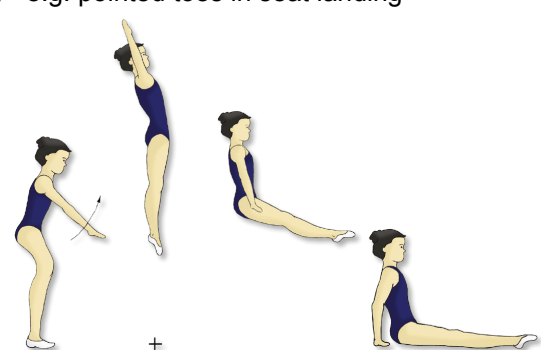


Year 7 Personal Learning Checklist (PLC)

Summer	Subject: Physical Education		Assessment Area 1: Knowledge & Understanding	Topics: Component of Fitness / Projectile Motion / Muscular Contractions / Analysis
	<p>Principles of Projectile Motion (“H.A.S.”) -</p> <ul style="list-style-type: none">Height of release (height of release of body/object) - release object at its highest position,Angle of release (angle of release of body/object) - release angle 36-42 degrees,Speed of release (velocity of release of body/object) - release object at its fastest speed 		<p>Key terms -</p> <ul style="list-style-type: none">Formations (how a team sets up) - e.g. defence, attack, midfield, 4:4:2, 3:4:3,Tactics/strategy (how to outwit a team/player) - e.g. Gegenpress in football, counter,Set play (a series of predetermined moves) - e.g. corner, centre pass, free kick,Aesthetically pleasing (something that looks good) - e.g. pointed toes in seat landing  	
	<p>Types of Guidance:</p> <ul style="list-style-type: none">Verbal - spoken/auditory feedback (comment on the performance);Visual - images/video feedback (show a video of the performer);Manual - manipulate to body into position (place limbs in correct place);Mechanical - use of external aid/harness (trampolining - somersault)		Assessment Area 2: Practical Skills	Assessment Area 3: Fitness
	<p>Assessment Area 1: Knowledge & Understanding</p> <p>Can be improved by :</p> <ul style="list-style-type: none">Focus and concentration in lessonsPerforming actions & movements in lessonsLinking actions & movements with muscles & jointsRevision; repetition and recallChoral recital in lessonsNote taking (use the PLC)Sketching/drawing diagrams of skeletonUse of organiser PE pages		<p>Can be improved by :</p> <ul style="list-style-type: none">Focus and concentration in lessonsJoining after school clubsJoining clubs outside schoolWatching sport on TV / videosPerforming actions & movements in lessonsLinking actions & movements with muscles & jointsCompleting student-led warm-up phasesCompleting PLC RAG & acting on feedback	<p>Can be improved by :</p> <ul style="list-style-type: none">Increasing exercise out of schoolWalking / running / cyclingParticipating in online activity classes eg Joe Wicks etcWorkout at homeAim to be active for an average of 60 minutes per dayDesign your own Fitness Circuit (organiser page)Try to drink 8 glasses of water a day (less sugary, fizzy drinks)Aim to eat a healthy, balanced diet with 5 fruit/vegetables per dayConsider walking or cycling to school

REVISION TASK

Projectile Motion

Types of Guidance

What are the 3 main concepts of Projectile Motion?



Identify the concept and match it to its definition

H _____
of release

A _____
of release

S _____
of release

Release the
object at its
highest velocity

Release the
object at its
highest position

Optimum is
36-42 degrees

There are 4 types of guidance (a teacher or coach can use). What are they?

V _____

Definition: *Guidance that is provided by another person speaking to you*

Can you give an example?

V _____

Definition: *Guidance that you can see, for example a demonstration*

Can you give an example?

M _____

Definition: *Guidance that is given by physically moving the performer*

Can you give an example?

M _____

Definition: *Guidance that uses mechanical aids to assist a performer*

Can you give an example?

Answers: *Manual, Verbal, Mechanical, Visual*