**Year 10 HPE**

**PE: 10BA Monday 4/5 10B Wednesday 4/5**

**Health lesson: Wed 3**

**TERM 1 Collection**

1. **HEALTH REVIEWS** -Brief Summary of each lesson as per Blackline master.
2. **PE REVIEW** -Present a group video lesson on the events we train for in Athletics.

You will need to research and present a TEACHING VIDEO visual guide to improve performance in an Athletic event, showing improvement and flow of skills.

COMPLETE BY WEEK 10

1. **4 Paragraphs** reflecting on the development of 4 athletic events.

Include useful cues and hints.

Choose from Shot- put, Discus, Javelin, Hurdle, Long, High, Sprint and 1500 m

4. **4 Paragraphs** reflecting on the development of 4 Aquatic events

Include useful cues and hints from Freestyle, Backstroke, Breast stroke, Diving.

1. DIARY – reflections of each day, as below.
2. SUMMARY OF DIARY (500 WORDS) - not all are to do this.

COLLECTION DUE WEEK 7 – Have all class work completed in your blue coloured folder.

Dear Yr 10s,

Diaries have been kept in the past and are a great way to reflect on life and learning.

Can you think of some famous diaries? Why were they written and by whom and when and where?

Your diary is to keep a track of your thoughts and actions for this first 4 weeks of school.

The diaries don’t require masses of writing, so even those of you who don’t really like writing will be able to complete it. Write about whatever you like. School, home, weather, and your thoughts and musings. You should spend about 10 minutes per day writing in your diary.

Keep record of your physical activity and any games you play ( not video games ) As long as the diary is completed for **every day** of the four weeks, then you have passed this section of the subject.

Are there other ways to document life, perhaps using other technology?

I will negotiate the “summary of diary” requirement for some of you after you have had a discussion.

If you do a summary of the diary then it remains a “closed diary and won’t be read”

DUE WEEK 5 but be prepared to talk about it in class teams sessions

Thanks

U Chris Ryan

**This term’s topics**

**Wk 1**

**HEALTH \* P.E…..**

**Intro. PE and sport Theory . Mental and emotional health. Diaries**

**Home – add physical**

**Wk 2 to your diary.**

**Personal health, depression or just a bad day! Home**

**Keeping the holiday chill. ppt**

**Recharge –USING THE HEALTH TRIANGLE**

**Wk 3**

**Matt 6 ....therefore do not be anxious! Wk 3 Floor Hockey**

**Wk 4 Wk 4 Swimming -bring bathers**

**Why worry? Towel and sunscreen !**

**Wk 5 Wk 5 Floor hockey**

**Reflective writing**

**Wk 6 COLLECTION QUIZ**

**\*ATHLETICS PRACTICE**

**Wk 7 Faith alive- God be in my head project Phil 4:6,7**

**\*ATHLETICS PRACTICE**

**Wk 8 Prayer, depression, anxiety, stress**

**\*ATHLETICS PRACTICE**

**Wk 9 pride lust anger addiction**

**\*ATHLETICS PRACTICE**

**WK 10 VIDEO PE REVIEW**

**\*AHLETICS PRACTICE**

**WK 11 VIDEO PE REVIEW**

**School Swim - Carnival on Wk. 5 Friday March 4**

**School Athletics - Sports day Wk. 11 Wednesday April 13**

**INTERSCHOOL - ATHLETICS Wk 10 April 7**

**INTERSCHOOL - SWIMMING Term 2**

**Have notes in Diary for non-participation with a brief reason**

If you do not have a note then you may go to reflection.

Repeat offenders will have detention.

Please bring a water bottle and some weather information to each PE lesson.

YOUR TEACHING VIDEO

You can use your computer to film your skill development during athletics practice sessions. You can work as a group during some sessions

Show all the skills and demonstrate improvement.

You will need to meet with your group to complete this task as a home learning task.

We will look to present as we go after about week 10/11

Must be done by week 10