**Y13 Summer Task**

**Physical Education**

**Physiology**

Annotate and complete the January 2017 exam paper.

You will be given a copy of this in lesson.

**Practical**

Collect some video evidence of you participating in a competitive situation.

Produce a report that identifies all the officials involved in a sport (elite level) of your choice and explains the key roles and responsibilities they have. This sport must be the same sport in which you want to be assessed in officiating.

You will be given an example of this in lesson.

**Leadership**

Choose a sport from the specification and create an in-depth lesson plan using the template below.

Plan for 16 participants aged 11-12 of mixed ability.

Session should last for 30 minutes.

You can plan for either the edge or the back pitch.

Objective = must be specific to a skill and inclusive eg. for hockey

By the end of the session:

* All will know the coaching points for dribbling and will be able to demonstrate this in a drill.
* Some will be able to dribble effectively in a mini game situation at a faster pace **(slightly more difficult).**
* Most able will be able to demonstrate this on the reverse stick side **(most difficult).**

Activity column = full description of each activity (can include diagrams). Drills should be progressive, increasing in difficulty.

Main teaching points column = bullet points about how to perform the skill (full body).

Organisation column = where will the group stand for instructions? Where will they put equipment between activities? How will you get them from pairs into groups etc.

Resources column = per activity.

This must all be submitted to the appropriate member of staff in the first lesson back.

Have a lovely summer!

The PE Department

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| **CANDIDATE NAME:** | |  | | | | | | | | |
| **ACTIVITY:** | |  | | | | | | | | |
| **NO OF PARTICIPANTS:** | |  | **AGE RANGE:** | | |  | **ABILITY LEVEL** | |  | |
| **VENUE** | | | | | | | | | | |
| **OJECTIVES FOR THE SESSION** | | | |  | | | | | | |
| **TIME** | **ACTIVITY** | | | | **MAIN TEACHING POINTS** | | | **ORGANISATION** | | **RESOURCES/EQUIPMENT** |
|  | **Introduction** | | | |  | | |  | |  |
|  | **Warm up** | | | |  | | |  | |  |
|  | **Drill 1** | | | |  | | |  | |  |
|  | **Drill 2** | | | |  | | |  | |  |
|  | **Drill 3** | | | |  | | |  | |  |
|  | **Conditioned game** | | | |  | | |  | |  |
|  | **Cool down** | | | |  | | |  | |  |
|  | **Conclusion** | | | |  | | |  | |  |