



Subject	Physical Education		
Title/Topic	Format	Length	WC
Physical Education	Core skills in isolation and the full context of activities	In lessons	On-going
Components of fitness	A Microsoft Forms online assessment	30 minutes	5 December

My Advent assessment will test my knowledge on...

Practical PE:

Your teacher will record a score for you on each activity you complete in your PE lessons. They will look at your core skills in isolation, as well as how you apply those skills in the context of the activity.

Online Assessment:

- Identifying the 10 components of fitness
- Being able to define each component of fitness
- Being able to explain why different sports performers will need different components of fitness in their sport



What should I do to revise and prepare for this assessment?

To prepare for this assessment:

1. Watch the home learning information video to find out information about the topic
2. Complete the booklet accurately using the video to help you, making any corrections in red pen
3. Complete the knowledge questions in your booklet and use look, cover, write, check to revise your answers
4. Repeat steps 1-3 until the knowledge is securely locked into your long-term memory

What useful websites/resources could I use to help me prepare?

Resources are uploaded on SatchelOne; Show My Homework.