



| Subject | | Physical Education | |
|-----------------------|--|--------------------|-----------------|
| Title/Topic | Format | Length | Week Commencing |
| Theoretical knowledge | Online test on the forms of guidance, goal-setting and principles of training. | 45 minutes | 5 June |
| Practical performance | Ongoing assessment of practical activities; core skills and their application in challenging situations. | On-going | On-going |

This assessment will test my knowledge on...

Feedback *information that helps to reinforce, motivate or correct errors.*

Students should be able to describe each type of feedback, recognise and give examples of each, explain when each type should be used for different types of learner.

- Positive – feedback given about correct technique to motivate and encourage
- Negative – feedback given about incorrect technique to eliminate errors
- Intrinsic – feedback from within the individual
- Extrinsic – feedback from outside the individual
- Knowledge of results – feedback given based on the outcome or end result of a performance

Knowledge of performance – feedback given based on information about the movement pattern

Types of training (continuous, Fartlek, interval, circuit, weight, plyometric, stretching)

Components of fitness (agility, balance, cardiovascular endurance, coordination, flexibility, muscular endurance, power, reaction time, speed, strength)



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

To prepare for this assessment:

Use the video clips, work book and knowledge task to commit the learning to your long-term memory.

1 https://youtu.be/NdJZPfd_D0

2 <https://youtu.be/sDjSCxzC4Kk>

3 <https://youtu.be/OjFLZiB6lk>

4 <https://youtu.be/ii1btn42iCs>

Use your knowledge booklets for types of training and components of fitness to aid revision.

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

SatchelOne – Show My Homework