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Year 10 GCSE PE.

Every week - take part in at least one additional hour of physical activity or sport. Homework will be set on google classroom. Week commencing 7th September, Complete

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the self assessment <https://forms.gle/yPVg92SobyCWo7vT9>.

Complete the quiz;
'The relationship
between health and
fitness' <https://forms.gle/wheP6HLnLGnQxFXZ8> . Week commencing
14th September.

Year 10 GCSE PE - 2020-2021

Year 10 GCSE PE
Homework Booklet (no
rating) 0 customer
reviews. Author:

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Created by
mgoldsworthy.

Preview. Created: Sep
28, 2020. Homework
booklet for GCSE PE
EDEXCEL course.

Contains worksheets
and tasks for pupils to
complete. Covers:
Anatomy and
physiology Movement
analysis Physical
training. Includes an
answer booklet.

**Year 10 GCSE PE
Homework Booklet |**

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Teaching Resources

Thank you! How do we work out the target zone? $MHR - Age \times 100 / 60\%$ Plot the target zones (60% - 80% MHR) Year 10 GCSE PE Target zones Homework REVISE REVISE REVISE!! Plenary What is resting heart rate? What is the recovery heart rate? Graph Analysis What is Yasmin's resting

Year 10 GCSE PE by -
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Prezi

GCSE PE Syllabus 2017

- 1-9 Grading Within

this section you will find the break down for all of the areas within the first year of the course. I used this to guide the learning lesson by lesson.

GCSE PE - Year 10

GCSE Pe Year 10.

STUDY. PLAY. A healthy active lifestyle. A

lifestyle that

contributes positively

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to a physical, mental and social wellbeing and includes regular exercise and physical activity. Increase fitness. Training and taking part in exercise can increase fitness. Help the individual feel good.

GCSE Pe Year 10 Flashcards | Quizlet

Year 10 AQA GCSE PE
MOCK Exam Material
Version 1 (9-1)

Attached is a GCSE 9-1
Page 9/23

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PE exam question paper. Mark scheme is now attached! 1 hour 40 minutes long and 104 marks available (same ratio as in actual GCSE exam 75:78). The topics included are:

Year 10 AQA GCSE PE MOCK Exam Material Version 1 (9-1 ...

There is no external exam in Year 10.

Students will have

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regular assessments throughout the year after each booklet. They will then have an end of year examination in June. Practical assessment will be ongoing and will take place in mainstream PE lessons, in GCSE PE lessons, in extra-curricular clubs and externally.

**Physical Education
GCSE - Year 10 and**

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11 | Physical ...

Year 10 GCSE Physical Education Curriculum Map. Learning

overview Practical. m. Developing Skills and Techniques.

Fundamental Motor Skills Running-

measurement via time

Throwing-

measurement via

distance Jumping-

Measurement via

distance Catching

Hitting Kicking Netball.

Decision Making.

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Identify and give examples of different decisions made by coach/ leader, official, performer The importance of following rules/ code of behaviour Etiquette and sportsmanship Football.

Year 10 GCSE Physical Education Curriculum Map

This quiz covers all the topics we have looked at in lessons over the

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past 6 weeks. Including the following: 1.1.1 Healthy, Active Lifestyles and how they benefit you. 1.1.2 Influences impacting involvement in Physical Activity 1.1.2b Influences, Opportunities and Initiatives in Physical Activity 1.1.3 Exercise and Fitness You must print off the certificate that you get at the end of the quiz ...

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Y10 GCSE PE Full Course Sept-oct Test!! - ProProfs Quiz

GCSE. Physical Education. Exam board content from BBC Bitesize for students in England, Northern Ireland or Wales. Choose the exam specification that matches the one you study. Part of.

**GCSE Physical
Education - BBC**
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this section you will find the break down for all of the areas within the second year of the course. I used this to guide the learning lesson by lesson.

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GCSE is the
qualification taken by
15 and 16 year olds to
mark their graduation
from the Key Stage 4

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phase of secondary education in England, Northern Ireland and Wales.

GCSE - BBC Bitesize

Year 10 PE (GCSE)

(Page currently being populated during the 2020-21 academic year)

**Year 10 PE (GCSE) —
St. Mary's Menston
Catholic Voluntary**

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