



All pupils expected to complete one piece of homework per week



Attend an extra curricular sports session to further your skillset as a player and or official/ coach.	Produce a list telling people of where they can access local sports clubs in the community for your sport.	Complete a non stop, mild-moderate intensity exercise session (30+ mins), that focusses on your aerobic endurance.	Design a circuit training session that would improve your muscular strength and or muscular endurance.	Adjust your circuit training plan so that you have exercises that develop: <ul style="list-style-type: none"> <li>• Power</li> <li>• Muscular endurance</li> <li>• Aerobic endurance</li> </ul>	Pick a famous sports person; make a top trump card for this person scoring them out of 10 for each component of fitness.
Create a Powerpoint or a poster for your primary school explaining some of the major rules for basketball or netball.	Teach a friend the ideal technical model of how to shoot a netball or basketball successfully.	Explain what type of activities you could do, and how often you would do them, to improve your aerobic endurance.	Explain what type of activities you could do, and how often you would do them, to improve your strength and/or muscular endurance.	Explain what type of activities you could do, and how often you would do them, to improve your power or your co-ordination.	Explain why agility is important for success in basketball or netball.
Watch a youtube clip of your sport (netball or basketball). Ask yourself; do you understand some of the calls a referee makes?	Try to explain to a friend or family member, 3 major rules for your sport.	Write a definition in your planner for the term 'aerobic endurance'	Write a definition in your planner for the terms 'strength' and muscular endurance'.	Write a definition in your planner for the terms 'power' and 'co-ordination'.	Write a definition in your planner for the term 'agility'.