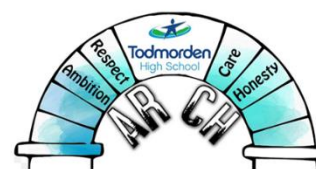


# Homework map: PE

## Year 8



Enabling individuals to unlock their unique potential			
Homework week	Challenge 1	Challenge 2	Challenge 3
16th September	List/describe your strengths and weaknesses in the sport you are taking part in during PE.	Explain how your strengths and weaknesses affect your performance in the sport you are taking part in during PE.	Analyse 3 key weaknesses in your performance. Explain how they can be improved to make you a better performer?
6th January	Describe the role of the officials in a chosen sport.	Produce a resource to show how officials use signals in your chosen sport.	Explain using examples from sport why respect for the official is important.
29th June	Describe the characteristics of a good sports coach.	Plan a coaching session to develop a skill in your chosen sport.	Lead a coaching session of your choice and evaluate your performance.
Useful resources and websites	UK Coaching <a href="https://www.ukcoaching.org">https://www.ukcoaching.org</a> <a href="https://learnzone.loucoll.ac.uk">https://learnzone.loucoll.ac.uk</a> <a href="https://simplifaster.com › articles › video-analysis-sports-performance">https://simplifaster.com › articles › video-analysis-sports-performance</a> NGB websites for each individual sport such as the FA, LTA, RFU, EA etc. BBC Sport Sport England Youtube		