



Aspire Achieve Thrive

Summer Term
Term 3
Sport
Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

Monday	English Task 1	Ebacc Option A Task 1	Option C Task 1
Tuesday	Option B Task 1	Sparx Science	Science Task 1
Wednesday	Sparx Maths	Option C Task 2	Sparx Science
Thursday	Ebacc Option A Task 2	Sparx Maths	Option B Task 2
Friday	Sparx Science	Science Task 2	English Task 2

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A (EBACC)
Computer Science
French
Geography
History

Option B
Business Studies
Hospitality and Catering
Drama
Music
Geography
Health and Social Care
ICT
Media Studies
Music
Sport
Travel and Tourism

Option C
Art
Business Studies
Hospitality and Catering
Child Development
Computer Science
Drama
Photography
Science (Triple)
Sport

Half Term 5 (5 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 21st April 2025	PSA Prep (Back of book) Warm Up Cue Cards	PSA Prep (Back of book) Warm Up Cue Cards
Week 2 28th April 2025	PSA Prep (Back of book) Warm Up Script	PSA Prep (Back of book) Warm Up Script
Week 3 5th May 2025	Cornell Notes on: Components of Fitness	Question: Why is flexibility important for a gymnast to be successful? (3) Why is power important for a basketball player to be successful? (3) Why is strength important for a rower? (3)
Week 4 12th May 2025	Revision Cards on: Components of Fitness Definitions	Question: Why is speed important for a rugby player? (3) Why is muscular endurance important for a triathlete? (3) Why is agility important for a netball player? (3)
Week 5 19th May 2025	Cornell Notes on: Fitness Tests	Question: Identify equipment required for the grip dynamometer test. (2) Identify equipment required for the sit and reach test. (2) Identify equipment required for the 12 minute Cooper run. (2)

Half Term 6 (7 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 6 2nd June 2025	Cornell Notes on: Fitness Tests	Question: Identify equipment required for the stork stand test. (2) Identify equipment required for the vertical jump test. (2) Identify equipment required for the Illinois agility test. (2)
Week 7 9th June 2025	Revision Cards on: Fitness Tests	Question: Describe how 2 pieces of equipment are used for the multistage fitness test. (4) Describe how 2 pieces of equipment are used for the T-Test. (4)
Week 8 16th June 2025	Cornell Notes on: Key Officials in Sport	Question: Describe how 2 pieces of equipment are used for the BMI test. (4) Describe how 2 pieces of equipment are used for the 1 minute press up test. (4)
Week 9 23rd June 2025	Mock Exams	Mock Exams
Week 10 30th June 2025	Mock Exams	Mock Exams
Week 11 7th July 2024	Cornell Notes on: Key Officials in Sport	Question: Describe the responsibility of 2 officials in your selected sport. (6)

Knowledge Organiser

Week 1&2 - Warm Up	Week 3&4 - Components of Fitness		
<p>Pulse Raiser - Activities that gradually increase from low intensity and increase the heart rate.</p> <ul style="list-style-type: none"> - Jogging, pass and follow, skipping, swimming, cycling etc... - <table border="1" data-bbox="96 312 1370 568"> <tr> <td data-bbox="96 312 732 568"> <u>Response of the cardiorespiratory system to the pulse raiser:</u> <ul style="list-style-type: none"> o increased heart rate o increased breathing rate o increased depth of breathing o increased supply of oxygen to the working muscles o increased removal of carbon dioxide. </td><td data-bbox="736 312 1370 568"> <u>Response of the musculoskeletal system:</u> <ul style="list-style-type: none"> o increased temperature of the muscles o increased pliability of the muscles o reduced risk of muscle strain. </td></tr> </table> <p>Mobiliser - activities that take the joints through their range of movement starting with small movements and making these bigger as the warm-up progresses.</p> <ul style="list-style-type: none"> - ankle rotations, leg swings, open and close the gate, walking lunges, heel flicks, heel flicks, hip rotations, shoulder rotations, wrist rotations, chest swings. etc... <p><u>Response of the cardiorespiratory system to the mobiliser:</u></p> <ul style="list-style-type: none"> o slight drop in heart rate as intensity of exercise lowers o slight drop in breathing rate as intensity of exercise lowers. <p><u>Response of the musculoskeletal system to the mobiliser:</u></p> <ul style="list-style-type: none"> o increased production of synovial fluid in the joints to increase lubrication of joint and increase range of movement at the joint. <p>Preparation Stretches - activities to stretch the main muscles that will be used in the physical activity.</p> <p><u>Location of main muscles</u></p> <p>Deltoids, biceps, triceps, erector spinae, abdominals, obliques, hip flexors, gluteus maximus, quadriceps, hamstrings, gastrocnemius</p> <ul style="list-style-type: none"> - simple stretches: toe touch, shoulder stretch, tricep stretch etc... - compound stretches: side bend lunge, squat, pigeon pose etc... <p><u>Response of the cardiorespiratory system to the preparation stretch:</u></p> <ul style="list-style-type: none"> • slight drop in heart rate and breathing rate for static stretches • Maintained elevated heart and breathing rate for dynamic stretches. <p><u>Response of the musculoskeletal system to the preparation stretch:</u></p> <ul style="list-style-type: none"> • Extending muscles so that they are fully stretched and less likely to tear during the sport or activity session. 	<u>Response of the cardiorespiratory system to the pulse raiser:</u> <ul style="list-style-type: none"> o increased heart rate o increased breathing rate o increased depth of breathing o increased supply of oxygen to the working muscles o increased removal of carbon dioxide. 	<u>Response of the musculoskeletal system:</u> <ul style="list-style-type: none"> o increased temperature of the muscles o increased pliability of the muscles o reduced risk of muscle strain. 	<p>Components of Physical Fitness</p> <ul style="list-style-type: none"> • Aerobic endurance – the ability of the cardiorespiratory system to supply oxygen and nutrients to the muscles to sustain low to medium intensity work to delay fatigue. • Muscular endurance – the ability of the muscular system to continue to contract at a light to moderate intensity to allow repetitive movements throughout a long event or game. • Muscular strength – the maximum force that can be generated by a muscle or muscle group to improve forceful movements within an activity. • Speed – distance divided by time to reduce time taken to move the body or a body part in an event or game. • Flexibility – the range of motion possible at a joint to allow improvements in Technique. • Body composition – the relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport. <p>Components of skill-related Fitness</p> <ul style="list-style-type: none"> • Power – the product of speed and strength to allow for explosive movements in sport. • Agility – the ability to change direction quickly to allow performers to outmanoeuvre an opponent. • Reaction time – the time taken between a stimulus and the start of a response, useful in fast-paced sports to make quick decisions about what to do. • Balance – the ability to maintain centre of mass over a base of support, useful to maintain positions in performance sports (static balance) or when on the move in any other sporting situation (dynamic balance). • Coordination – the ability to move two or more body parts at the same time smoothly and efficiently, to allow effective application of technique.
<u>Response of the cardiorespiratory system to the pulse raiser:</u> <ul style="list-style-type: none"> o increased heart rate o increased breathing rate o increased depth of breathing o increased supply of oxygen to the working muscles o increased removal of carbon dioxide. 	<u>Response of the musculoskeletal system:</u> <ul style="list-style-type: none"> o increased temperature of the muscles o increased pliability of the muscles o reduced risk of muscle strain. 		

Week 5 - Fitness Tests				Week 6 - Fitness Tests			
Physical	Type	COF	Test	Skill	Type	COF	Test
		Muscular Endurance	<ul style="list-style-type: none"> • 1 minute sit up (Reps/min) • 1 minute press up (Reps/min) • Timed plank test (secs/mins) 			Agility	<ul style="list-style-type: none"> • Illinois agility test (m/s) • T Test
		Aerobic Endurance	<ul style="list-style-type: none"> • Multi-stage fitness test • Yo-Yo test • Harvard step test (VO2 max) • 12-minute Cooper run or swim (m) 			Power	<ul style="list-style-type: none"> • Vertical jump test (kgm/s) • Standing long/broad jump • Margaria-Kalamen power test.
		Muscular Strength	<ul style="list-style-type: none"> • Hand grip dynamometer test (KgW) • 1 Rep max 			Balance	<ul style="list-style-type: none"> • Stork stand test • Y balance test.
		Speed	<ul style="list-style-type: none"> • 30 metre sprint test • 30 metre flying sprint 			Reaction time	<ul style="list-style-type: none"> • Ruler drop test • Online reaction time test (reaction test timer).
		Body Composition	<ul style="list-style-type: none"> • Body mass index (BMI) • Bioelectrical impedance analysis (BIA) (%) • Waist to hip ratio 			Coordination	<ul style="list-style-type: none"> • Alternate-Hand Wall-Toss test • Stick flip coordination test
		Flexibility	<ul style="list-style-type: none"> • Sit and reach test (cm) • Calf muscle flexibility test (cm) • Shoulder flexibility test (cm) 				

Weeks 8 - Key Officials in Sport 1	Weeks 11 - Key officials in Sport 2
<p>Officials - Control how a sports match or fixture is played and administer the rules in sport. An official is someone who manages the play of a competition and ensures the rules and laws of the sport are followed correctly. This is to make sure the sporting fixture is conducted fairly, in accordance with the rules and in a safe environment.</p> <p><u>Referee/umpire</u></p> <p>Generally, the role of a referee or umpire overlaps. They are both officials who watch match or game closely to ensure all players follow the rules and regulations and force these rules to maintain fair game play. They ensure that all of the rules for (ws) of the game are followed by the participants. This includes making a decision on whether an act is legal or not, according to the sporting rules.</p> <p>Examples of sports that use a referee are:</p> <ul style="list-style-type: none"> • football, rugby, boxing, snooker, basketball, ice hockey, lacrosse and wrestling. <p>Examples of sports that use an umpire are:</p> <ul style="list-style-type: none"> • hockey, tennis, cricket, sailing, badminton, netball, rowing and baseball. <p>Good referees and umpires are knowledgeable on the rules, confident in their ability and decisive in applying the rules. They must be clear, calm, communicate well and not allow players to question their decisions.</p> <p><u>Assistant referee</u></p> <p>In association football, there are two assistant referees, whose role it is to support the referee with decisions. They assist the referee in controlling the match in accordance with the rules of the game; however, the final decision lies with the referee. Their responsibilities are to indicate when:</p> <ul style="list-style-type: none"> • the ball leaves the field of play and which team is entitled to a corner kick, goal kick or throw-in • a player is in an offside position • a substitution request has been made and monitor the procedure • at penalty kicks, if the goalkeeper moves off the goal line before the ball is kicked and if the ball has crossed the line. 	<p><u>Line umpire</u></p> <p>Tennis has a number of line umpires who work on court as part of a team. Each line umpire is assigned to one line or a position on court and makes decisions on all shots relating to their assigned line. Line umpires are a mandatory requirement for professional tennis games</p> <p><u>Third/fourth umpire</u></p> <p>The third umpire or official is common in sports. In football, there is a fourth official who manages the technical area and displays substitutions. In cricket, the third umpire is off-field and monitors video replays for no balls, dismissals and boundaries.</p> <p>The officials are essential for the smooth running and management of sports.</p> <p>A number of key officials are needed to help maintain standards of play.</p> <p><u>Judges</u></p> <p>Some sports use judges to officiate. Sports such as track running events and tennis, are clear cut and not subjective. The fastest runner is the fastest, or the player that scores the most points scored is the winner. However, some sports are subjective, such as gymnastics and diving. In these sports, a number of judges will sit on a panel and make decisions together on the score to be awarded. Other sports that have Judges include archery, showjumping, boxing, judo, figure skating and fencing.</p> <p><u>Starters</u></p> <p>In sports such as swimming and athletics, the starter has a pivotal role in the race. The starter informs the participants to get into position, when the race is nearly ready, and when to start. They also monitor false starts and provide sanctions for athletes who false start or break rules. This is to ensure the rules are adhered to by all participants and no one gets an unfair advantage.</p> <p><u>Timekeepers</u></p> <p>Many sports have a restriction on the amount of time allocated to a match or competitive situation. The timekeeper has the sole responsibility to stop and start the clock. The role of the timekeeper is to measure the duration of the game, the intervals of play, the rest periods, and to start and stop the clock at various stages, ensuring accurate time is kept. Depending on the sport, these stoppages may be for injury, substitutions, when the ball goes out of play or for time outs.</p>

STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.

What: At the end of the class lecture, discussion, or reading session.

How: In complete sentences, write down the conclusions that can be made from the information in your notes.

Why: Summarising the information after it's learned improves long-term retention.

WEEK 3: Cornell Notes (Homework task 1)

Topic: Components of Fitness	Revision guide page:
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[illegible]

Summary

WEEK 3: Exam Question (Homework task 2)

Question:

Why is flexibility important for a gymnast to be successful? (3)

Why is power important for a basketball player to be successful? (3)

Why is strength important for a rower? (3)

Answer:

[illegible]

WEEK 3: Exam Question review and improvement (Classwork)

Question:

Why is flexibility important for a gymnast to be successful? (3)

Why is power important for a basketball player to be successful? (3)

Why is strength important for a rower? (3)

Answer:

[illegible]

WEEK 4: Exam Question (Homework task 2)

Question:

Why is speed important for a rugby player? (3)

Why is muscular endurance important for a triathlete? (3)

Why is agility important for a netball player? (3)

Answer:

This image shows a single page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines or other markings present.

WEEK 4: Exam Question review and improvement (Classwork)

Question:

Why is speed important for a rugby player? (3)

Why is muscular endurance important for a triathlete? (3)

Why is agility important for a netball player? (3)

Answer:

[illegible]

WEEK 5: Cornell Notes (Homework task 1)

Topic: Fitness Tests	Revision guide page
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[illegible]

Summary

WEEK 5: Exam Question (Homework task 2)

Question:

Identify equipment required for the grip dynamometer test. (2)

Identify equipment required for the sit and reach test. (2)

Identify equipment required for the 12 minute Cooper run. (2)

Answer:

[illegible]

Answer:

WEEK 6: Cornell Notes (Homework task 1)

Topic: Fitness Tests	Revision guide page
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Links	Notes
Questions	

Summary

WEEK 6: Exam Question (Homework task 2)

Question:

Identify equipment required for the stork stand test. (2)

Identify equipment required for the vertical jump test. (2)

Identify equipment required for the Illinois agility test. (2)

Answer:

[illegible]

[illegible]

WEEK 7: Exam Question (Homework task 2)

Question:

Describe how 2 pieces of equipment are used for the multistage fitness test. (4)

Describe how 2 pieces of equipment are used for the T-Test. (4)

Answer:

[illegible]

[illegible]

WEEK 8: Cornell Notes (Homework task 1)

Topic: Key Officials in Sport	Revision guide page
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Links	Notes
Questions	

Summary

WEEK 8: Exam Question (Homework task 2)

Question:

Describe how 2 pieces of equipment are used for the BMI test. (4)

Describe how 2 pieces of equipment are used for the 1 minute press up test. (4)

Answer:

[illegible]

[illegible]

WEEK 9: Assessment Week Revision (Homework task 1)

Topic

[illegible]

WEEK 9: Assessment Week Revision (Homework task 2)

Topic

[illegible]

WEEK 10: Assessment Week Revision (Homework task 1)

Topic

[illegible]

WEEK 10: Assessment Week Revision (Homework task 2)

Topic

[illegible]

WEEK 11: Cornell Notes (Homework task 1)

Topic: Key Officials in Sport	Revision guide page
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Links	Notes
Questions	

Summary

WEEK 11: Exam Question (Homework task 2)

Question:

Describe the responsibility of 2 officials in your selected sport. (6)

Answer:

[illegible]

Question:

Answer:

[illegible]

Week 4

Revision Card on Components of Fitness Definitions Muscular Strength Aerobic Endurance Muscular Endurance Speed Body Composition Flexibility	Answers
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Revision Card on Revision Card on Components of Fitness Definitions Coordination Agility Reaction Time Balance Power	Answers
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Week 7

Revision Card on Physical Components of Fitness - Fitness Tests Muscular Strength Aerobic Endurance Muscular Endurance Speed Body Composition Flexibility	Answers
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Revision Card on Revision Card on Skill Related Components of Fitness - Fitness Tests Coordination Agility Reaction Time Balance Power	Answers
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Week 1 - Cue Cards - Cut these out

Pulse Raiser

Mobiliser

Prep Stretches

Week 2 - Script - what you are going to say		
Pulse Raiser	Mobilser	Prep Stretches

Aspire (ACHIEVE) Thrive

Develop your character



Aspire Achieve Thrive