



Autumn Term
Term 1
Sport
Year 10

Name: _____

Tutor: _____

*Care to Learn,
Learn to Care*

Year 10 Homework Timetable

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

Option B
Health and Social Care
Languages
Drama

Option C
Psychology
Health and Social Care
Sport

Half Term 1 (8 weeks) - Year 10		
Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 1st September 2025	Cornell Notes on: Components of fitness	Question: Provide 2 examples of physical and 2 examples of skill related components of fitness being used in a sport or activity (4)
Week 2 8th September 2025	Revision Cards on: Components of fitness	Question: Provide 2 examples of physical and 2 examples of skill related components of fitness being used in a sport or activity (4) (Different from above)
Week 3 15th September 2025	Cornell Notes on: Warm up activities	Question: Describe 3 pulse raising activities for a sport (6)
Week 4 22nd September 2025	Revision Cards on: List teaching points for 3 mobilisers	Question: Describe how to perform 3 mobilisers. (Lower/middle/upper body) (6)
Week 5 29th September 2025	Cornell Notes on: The bodies responses to a pulse raiser	Question: Describe how to perform 3 preparation stretches. (Lower/middle/upper body) (6)
Week 6 6th October 2025	Revision Cards on: Create teaching points for 3 preparation stretches	Question: Explain how 2 body responses to a pulse raiser will benefit a sports performer (6)
Week 7 13th October 2025	Cornell Notes on: Body responses to mobiliser and preparation stretches	Question: Explain how 2 body responses to a mobiliser will benefit a sports performer (6)
Week 8 20th October 2025	Revision Cards on: Body responses to a warm up	Question: Explain how 2 body responses to preparation stretches will benefit a sports performer (6)

Knowledge Organiser

Week 1-2 - Components of Physical Fitness	Week 1-2 - Components of Skill Related Fitness
<u>Physical:</u> • 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. • 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 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. • There are three types of speed: 1. Accelerative speed – sprints up to 30 m 2. Pure speed- sprints up to 60 m 3. Speed endurance- sprints with a short recovery period (rest) in between. • Body Composition: the relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport. • Flexibility: the range of motion possible at a joint to allow improvements in technique.	<u>Skill related:</u> • Coordination: The smooth flow of movement needed to perform a motor task efficiently (wasting as little energy as possible) and accurately (without going wrong). • Agility: 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. • Reaction time: The time that it takes for a sports performer to respond to a stimulus and initiate (start) their response. • 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). • Power: the product of speed and strength to allow for explosive movements in sport.

Weeks 3-4&6 - Warm up activities

Types of activities in the pulse raiser – activities that gradually increase in intensity to increase the heart rate. 40-50% of maximum heart rate. Normally last up to 5 minutes.

Examples- Jogging, swimming, skipping, cycling, jumps, pass and follow

Types of activities in the mobiliser – activities that take the joints through their full range of movement starting with small movements and making these bigger as the warm-up progresses. These could be done as reps, over a distance or timed.

Examples- Shoulder rolls, arm swings, opening and closing the gates, leg swings, walking lunges, ankle rotations, hip rotations, wrist rotations, walking knee tucks,

Types of activities in the preparation stretch – activities to stretch the main

muscles that will be used in the physical activity.

Types of static and dynamic stretching for each muscle group:

Simple stretches- Better suited to beginners - Stretch ONE muscle

Compound stretches- Better suited to advanced performers - Stretch MULTIPLE Muscles

Examples

Hamstring Stretch (Seated Reach) – Sit on floor, reach towards toes.

Quadriceps Stretch (Standing) – Pull ankle to glutes while standing.

Calf Stretch (Wall Push) – Press heel into floor with hands on wall.

Hip Flexor Stretch (Lunge) – Kneel and push hips forward.

Glute Stretch (Figure 4) – Cross ankle over opposite knee, pull leg in.

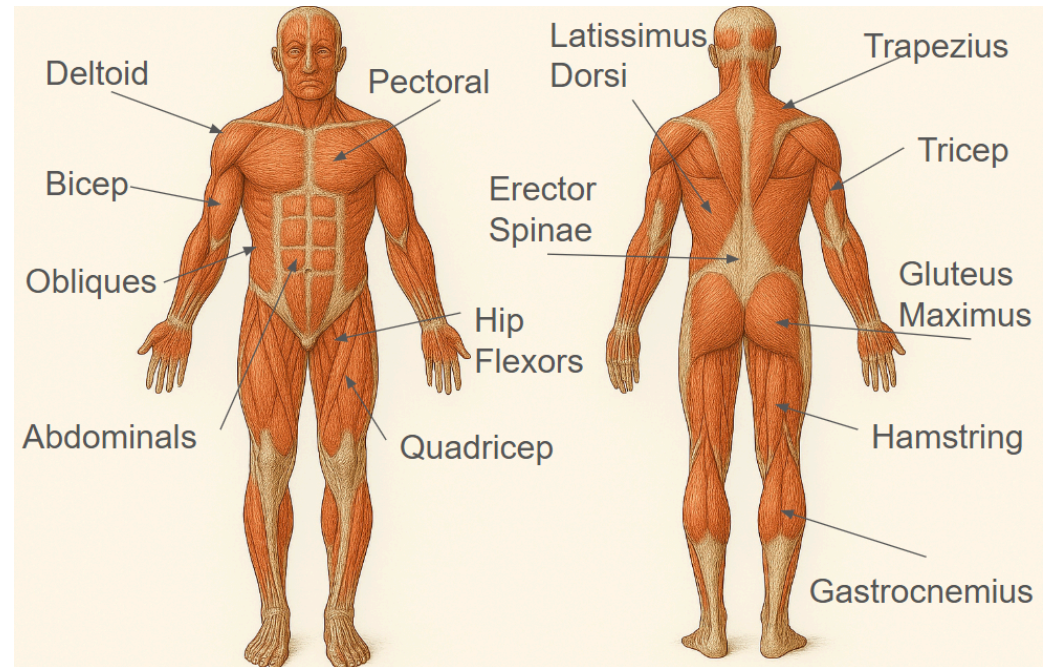
Inner Thigh Stretch (Butterfly) – Sit with feet together, press knees down.

Lower Back Stretch (Knee-to-Chest) – Pull knees towards chest while lying down.

Triceps Stretch (Overhead) – Pull elbow behind head gently.

Chest Stretch (Doorway) – Place forearms on doorway, lean forward.

Shoulder Stretch (Across Body) – Pull arm across chest with opposite hand.



Examples

Standing Forward Fold – Stand tall, hinge at hips, let torso and arms hang down.

Standing IT Band Stretch – Cross one leg behind the other, lean sideways over the back leg.

Seated Spinal Twist – Sit, cross one leg over the other, twist torso towards bent knee.

Lying Spinal Twist – Lie on back, drop one bent knee across body while keeping shoulders down.

Neck Stretch (Lateral Flexion) – Gently tilt ear towards shoulder, hold.

Neck Rotation Stretch – Slowly turn head to look over one shoulder, hold.

Wrist Flexor Stretch – Extend arm, palm up, gently pull fingers down/back.

Wrist Extensor Stretch – Extend arm, palm down, gently pull fingers in.

Ankle Stretch (Seated) – Sit, roll ankle gently or pull toes up with hand.

Side Bend Stretch (Standing or Seated) – Reach one arm overhead, bend sideways.

Week 5 - Responses of the body systems to the Pulse Raiser	Week 7&8 - Responses of the body systems to the Mobiliser and Preparation Stretches
Types of activities in the pulse raiser – activities that gradually increase in intensity to increase the heart rate. Examples- Fast walking, skipping, cycling, rowing, jogging, swimming Response of the cardiorespiratory system to the pulse raiser: • Increased heart rate - is the number of times your heart beats per minute • Increased breathing rate - the number of breaths per minute • Increased depth of breathing - amount of air inhaled • Increased supply of oxygen to the working muscles • Increased removal of carbon dioxide. Response of the musculoskeletal system: • Increased temperature of the muscles • Increased pliability of the muscles • Reduced risk of muscle strain. Pliability Pliability describes the state in which your muscles are long, resilient, and move without restriction, enabling them to absorb and dispense forces. Unlike short and dense muscles, pliable muscles allow you to perform and train at your best while avoiding injury. Strain A strain is when a muscle is stretched too much and part of it tears. It is also called a pulled muscle. A strain is a painful injury. It can be caused by an accident, overusing a muscle, or using a muscle in the wrong way.	Mobilisers need to include movement. Response of the cardiorespiratory system to the mobiliser: • Slight drop in heart rate as intensity of exercise lowers • Slight drop in breathing rate as intensity of exercise lowers. Response of the musculoskeletal system to the mobiliser: • Increased production of synovial fluid in the joints to increase lubrication of joints and increase range of movement at the joint. Synovial Fluid Joints are places in the body where two bones meet, such as your knees, shoulders, hips, hands, and feet. Synovial fluid, also known as joint fluid, is a thick liquid located between your joints. The fluid cushions and protects the ends of bones and reduces friction during movement. Types of static and dynamic stretching for each muscle group: • Static Stretching - are those in which you stand, sit or lie still and hold a single position for a period of time, up to about 45 seconds. • Dynamic Stretches - are active movements where joints and muscles go through a full range of motion. They can be used to help warm up your body before exercising. Simple stretches - stretches that focus on one muscle Compound stretches - stretches that incorporate a variety of muscles Response of the cardiorespiratory system to the preparation stretch: • Slight drop in heart rate and breathing rate for static stretches • Maintained elevated heart and breathing rate for dynamic stretches. Response of the musculoskeletal system to the preparation stretch: • Extending muscles so that they are fully stretched and less likely to tear during the sport or activity session.

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 1: Cornell Notes (Homework task 1)

Topic: Components of fitness	Revision guide page:
-------------------------------------	----------------------

[illegible]

Summary

WEEK 1: Exam Question (Homework task 2)

Question: Provide 2 examples of physical and 2 examples of skill related components of fitness being used in a sport or activity (4)

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: Provide 2 examples of physical and 2 examples of skill related components of fitness being used in a sport or activity (4)

Answer:

WEEK 2: Exam Question (Homework task 2)

Question: Provide 2 examples of physical and 2 examples of skill related components of fitness being used in a sport or activity (4)

(Different from above)

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Provide 2 examples of physical and 2 examples of skill related components of fitness being used in a sport or activity (4)

(Different from above)

Answer:

WEEK 3: Cornell Notes (Homework task 1)

Topic: Warm up activities	Revision guide page:
----------------------------------	----------------------

[illegible]

Summary

WEEK 3: Exam Question (Homework task 2)

Question: Describe 3 pulse raising activities for a sport (6)

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Describe 3 pulse raising activities for a sport (6)

Answer:

WEEK 4: Exam Question (Homework task 2)

Question: Describe how to perform 3 mobilisers. (Lower/middle/upper body) (6)

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Describe how to perform 3 mobilisers. (Lower/middle/upper body) (6)

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Topic: The bodies responses to a pulse raiser	Revision guide page:
--	----------------------

[illegible]

Summary

WEEK 5: Exam Question (Homework task 2)

Question: Describe how to perform 3 preparation stretches. (Lower/middle/upper body) (6)

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Describe how to perform 3 preparation stretches. (Lower/middle/upper body) (6)

Answer:

WEEK 6: Exam Question (Homework task 2)

Question: Explain how 2 body responses to a pulse raiser will benefit a sports performer (6)

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Explain how 2 body responses to a pulse raiser will benefit a sports performer (6)

Answer:

WEEK 7: Cornell Notes (Homework task 1)

Topic: Body responses to mobiliser and preparation stretches	Revision guide page:
---	----------------------

[illegible]

Summary

WEEK 7: Exam Question (Homework task 2)

Question: Explain how 2 body responses to a pulse raiser will benefit a sports performer (6)

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: Explain how 2 body responses to a pulse raiser will benefit a sports performer (6)

Answer:

WEEK 8: Exam Question (Homework task 2)

Question: Explain how 2 body responses to preparation stretches will benefit a sports performer (6)

Answer:

WEEK 8: Exam Question review and improvement (Classwork)

Question: Explain how 2 body responses to preparation stretches will benefit a sports performer (6)

Answer:

Week 2

Revision Card on Components of fitness	Answers
M	
A	
M	
S	
B	
F	
C	
A	
R	
B	
P	



Week 4

Revision Card on teaching points for 3 mobilisers	Answers
--	----------------

Week 6

Revision Card on teaching points for 3 preparation stretches	Answers
---	----------------

.....✂.....

Week 8

Revision Card on the bodies responses to a warm up	Answers
---	----------------