

Year 9 PE homework booklet

To be completed before the 30th of January

Year 9 over archiving theme for PE this year- Leadership The ability come up with your own original ideas and organise and lead a group of people to a common goal.

Using what you have learnt in PE lessons this term. Read the following case study, a description of a person. After reading answer the following questions that recommend an activity for them to take part in that will improve their physical fitness and health.

Case Study;

'Samantha is a 16-year-old female, who goes to school full-time.

She is lacking some self-confidence and misses spending time with her friends, as most days she is working, then taking care of her children.

Samantha does have a bicycle that she used to ride when she was younger to cycle to friends that lived outside of her village.

Samantha used to enjoy taking part in physical activities when she was at school eight years ago, but since then has not regularly taken part in any sport or physical activity.'

Question 1)

Describe the challenges that Samantha may face when trying to take part in regular sport.

A challenge Samantha may face is..... This is a challenge because.....

Another challenge she may have is.....

Question 2)

For each of the challenges you have said above , name a way to overcome this challenge.

Example way to overcome a challenge; *If she works full time she can, do an exercise video at lunch time at work.*

Question 3) What sport/activity would you recommend for Samantha to take part in and why?

Things you can choose; Team sports (football, netball), individual sports (tennis, badminton), physical activities (running, swimming, gym)

The activity I will choose for Samantha is.....

This is a good idea because.....

Where can she take part in this activity?

Another activity I would choose for Samantha is.....

This will be good for her because.....

Where can she take part in this activity?