

PHYSICAL EDUCATION

YEAR 8 HOMEWORK

Your Independent Learning Project this half term in PE
is to create an Exercise Diary.
You will then analyse you diary and produce an
Exercise Pledge.

My Exercise diary

Keep an exercise diary for a week by making a note below of any exercise you do.

Don't forget to include things like walking to school / walking your dog / doing a paper round / walking to the shops and your PE Lessons.

You should attend AT LEAST one After School Club during this week.

- Are you doing enough different types of exercises each day?

Good for STAMINA (staying power)

- Basketball
- Cycling
- Football
- Jogging
- Skipping
- Swimming

Good for FLEXIBILITY (bending easily)

- Dancing
- Gymnastics
- Judo
- Swimming

Good for STRENGTH

- Basketball
- Cycling
- Football
- Gymnastics
- Swimming

		What I've done today	How long I've done each activity for	How hard have you worked today? Look at the RPE Scale and give yourself a number
MONDAY	Stamina			
	Strength			
	Flexibility			
TUESDAY	Stamina			
	Strength			
	Flexibility			
WEDNESDAY	Stamina			
	Strength			
	Flexibility			
THURSDAY	Stamina			

	Strength			
	Flexibility			
FRIDAY	Stamina			
	Strength			
	Flexibility			
SATURDAY	Stamina			
	Strength			
	Flexibility			
SUNDAY	Stamina			
	Strength			
	Flexibility			

RPE (Rate of Perceived Exertion)

RPE, that sounds like the initials of some new rock band not a really helpful fitness tool right?

But it really is a very useful fitness tool. It helps you understand how hard you are working (or in some cases how hard you are not working).

So, how does it work?

The numbers on the scale relate to how you feel when you are exercising. Zero indicates how you would feel sitting down and 10 indicates how you would feel during a maximal effort exercise, such as sprinting at full speed until fatigue hits.

Borg Rating of Perceived Exertion	
0	Nothing At All
0.5	Very, Very Light (Just noticeable)
1	Very Light
2	Light (Weak)
3	Moderate
4	Somewhat Hard
5	Heavy (Strong)
6	
7	Very Heavy
8	
9	
10	Very, Very Heavy (Maximal)

The Extra Curricular Activity Club that I attended this week was:

TASK 1:

Add up the hours you have exercised for and which fitness areas they represent:



TASK 2:

Write a paragraph about your exercise habits explaining your personal strengths and weaknesses, using the graph and the Borg RPE Scale as evidence.

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TASK 3:

Make an exercise pledge for yourself on how you could improve your fitness.

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Mi Success Criteria

M10	You have worked independently and have accessed different types of information from different sources. You will have used them to produce a piece of work which is above you target level. You have included evidence of your wider reading, this will be from a variety of sources and be appropriately referenced. You have analysed your results accurately and come to some valid conclusions.
M8	You have worked independently, perhaps using resources you have not been given by your teacher and have shown that you can produce a piece of independent work at you target level. You have included more than one reference to your wider reading and have appropriately referenced your sources of information. You have analysed your results accurately.
M6	You have completed an independent task, using some resources which were suggested, but not given by your teacher. You have included evidence of some wider reading and have included a quote from this in your work.
M4	You have completed an independent project in class or as a homework with very little help from your teacher. You have included evidence of some wider reading.
M2	You have completed an independent project in class with support from your teacher.
M0	You are not yet able to work independently

PE Success Criteria

Level 3	<ul style="list-style-type: none">• Completed my Exercise Diary.• Included some PE related 'key words'.
Level 4	<ul style="list-style-type: none">• Completed the Exercise Diary in detail.• Included some PE related 'key words'
Level 5	<ul style="list-style-type: none">• Completed the Exercise Diary and Graph in detail.• Included some PE related 'key words'
Level 6	<ul style="list-style-type: none">• Completed Task 2 and Task 3 in some detail.
Level 7	<ul style="list-style-type: none">• Analyse and evaluate your results in depth to complete Task 2 and Task 3.

SPAG Criteria

High	You spell, punctuate and use the rules of grammar with consistent accuracy and effective control of meaning in the context of the task.
Intermediate	You spell, punctuate and use the rules of grammar with considerable accuracy and general control of meaning in the context of the task.
Threshold	You spell, punctuate and use the rules of grammar with reasonable accuracy in the context of the task.