

# GCSE PE Summer Homework

Year 8 into Year 9 Transition

Name:	
Class:	
Date:	



## Part 1: Physical Activity Log (Practical Component)

Task:

Keep a weekly log of your physical activity for 4 weeks. Include:

- Type of activity (e.g., football, swimming, gym workout)
- Duration (in minutes)
- Intensity (Low / Moderate / High)
- Reflection (How did it make you feel? What did you improve?)

Template Example:

Week	Activity	Duration	Intensity	Reflection
1				
2				
3				
4				

## Part 2: Muscles & Bones (Theory Component)

Task:

Create a labelled diagram of the major muscles and bones in the human body. You can draw it by hand or use a digital tool. Label at least:

- 10 major muscles (e.g., biceps, quadriceps)
- 10 major bones (e.g., femur, humerus)

Bonus: Write a short paragraph explaining how muscles and bones work together to create movement.

[Insert your diagram and explanation below:]

### **Part 3: Sports Analysis (Application Component)**

Task:

Choose a sport you enjoy and answer the following:

1. What are the key physical components of fitness needed in this sport? (e.g., agility, strength, endurance)
2. What training methods would help improve performance in this sport?
3. Identify one skill and one tactic used in the sport and explain their importance.

[Write your answers below:]

#### **Part 4: Personal Goal Setting (Reflection Component)**

Task:

Write a short paragraph (100–150 words) about:

- What you enjoy about PE
- What you want to improve next year
- One personal fitness or skill goal for Year 9

[Write your paragraph below:]