

# Year 8 PE homework booklet

*To be completed before the 30<sup>th</sup> of January*

Year 8 over archiving theme for PE this year- Growth mindset. The ability think and act like you truly want to improve an aspect of yourself and to constantly aim for success.

Using what you have learnt in PE lessons this term. Answer the following questions that will help you to create a 'growth mindset' and more open to challenge and not seeing failure as a negative but a challenge to overcome.

Question 1)

Describe one challenge and how you've overcome in during a PE lesson this term

*This question asks you to think back on a time you faced a challenge in a PE lesson and how you overcame it.*

**Example answer-** *During a gymnastics lesson I struggled to do a forward roll at the start of the lessons. After a few weeks of failing I decided to ask the teacher for tips, then I continued to practice and get more feedback from my friends. After weeks of trying my best and getting more and more tips I was able to do a forward roll.*

Extension questions;

How did overcoming this challenge make you feel?

What would happen if you just gave up?

What have you learn from this experience?

Questions 2) Which movement skill have YOU been particularly good at this term?

This questions asks you to name your strengths relating to your movements skills and what they mean you can do well.

*The key movement skills you can talk about are;*

*Running, jumping, side stepping, throwing, catching, landing and balancing*

**Example answer-** *I am very good at jumping and landing, this mean I am effective at basketball because I can jump higher than there to get to the basketball and quick win possession for my team.*

Questions 3) Which movement skill have YOU NOT been particularly good at this term?

This questions asks you to name your weaknesses relating to your movements skills and what they mean you can't do.

*The key movement skills you can talk about are;*

*Running, jumping, side stepping, throwing, catching, landing and balancing*

**Example answer-** *I am not very good at side stepping, this means I often struggle to change direction quickly. The effect on the game is that I can't beat defender in a tight space when playing touch rugby.*

Questions 4) Part of having a growth mindset is getting yourself goals and target to keep you challenged.

Create a 6 week plan for how you are going to stay fit and healthy in the summer holidays, including an overall aim

*For each week-*

- *State the activity you are going to do to keep fit and healthy.*
- *How many times a week are you going to do this activity,*
- *WHERE are you going to do it.*
- *WHO are you going to do the activity*

*Overall aim of your plan;*

*By the end of the 6 week plan I want to.....*

**Week 1;**

**Week 2;**

**Week 3;**

**Week4;**

**Week 5;**

**Week 6;**

