

# Independent study in Physical Education



## Rationale

- Independent Study/homework enable students to practise their skills and to reinforce their learning - especially if they can attend practical clubs. It enables students to really hone their skills and to play against strong opposition.
- It matters as the students will be able to have the time they need to learn the more challenging content in a safe environment where the coach can cater to their individual needs.
- It connects with the learning in school because the students will develop the basic and intermediate skills to more advanced ones.
- The impact of this work certainly aids the students' knowledge and understanding of more advanced tactics and strategies and they progress much faster and to a higher level than those who do not do as much independent work.
- All students who complete homework are going to increase their knowledge and understanding of the games and activities that they take part in. The additional research will certainly help their practical in terms of understanding the rules or the background to a dance.

## Quantity and frequency of homework

- On average students should spend 15 mins per subject per week in KS3, 55 mins per subject per week in KS4, 4 hours in Y12 and 6 hours in Y13.
- Students do not always receive set homework every week. Students are able to direct their own learning whenever they see necessary. If they are unsure or need to build confidence in an activity, the student can always investigate the rules online, look up techniques for the practical activity and watch others perform on platforms such as 'YouTube'. This allows the students to see the activity as a whole and to fully appreciate the end results we are looking for.

## Quality and impact of homework

There are a variety of homework tasks that can be set:

- Research
- Creating warm-ups, practices, cool-downs.
- Evaluations of activities that they or their peers have performed.
- Setting targets for each activity they are taught in their PE Booklet and then evaluating these targets after the activity has finished.
- Peer assessments of groups which can be verbal or written.
- Essays and long answer questions which match the format of the examination that will take place.
- To video a performances and analysis the techniques

Homework is always given with at least a week to complete the work. The work is assessed as soon as is possible and will receive comments and marks where appropriate.

All homework is directly related to the activity which is being studied at the time. No homework is completed just for the sake of homework. We often ask the students to work on dances for homework which will directly

impact on their grades when they are assessed. Students can be asked to work on fitness and health activities often with consultation with parents in order to maximise their ability to benefit from our lessons and to enable them to more fully realise their potential. GCSE work will develop specific examination skills and the knowledge, understanding and application which is necessary to access all the grades that are on offer.

## **Student expectations**

- We expect students to complete the work to the best of their ability and to spend an appropriate amount of time completing the work.
- Have a good working environment at home which is free from distractions and thus conducive to learning.

### **What kinds of learning behaviours will help students get the most out of homework?**

Persistence, diligence, thought about the skills they have acquired and can do well and those that they know but are not able to consistently apply.

### **What resources will they need to complete the homework?**

- Their PE booklet.
- Pencil crayons, pen, pencils, ruler and paper.
- A computer if they wish to print out their work and type it up rather than write it.
- The internet in order to view video's especially the use of 'YouTube'.

### **What should they do if things go wrong?**

**Ask** – there is never an issue if a student does not understand something or they forget a piece of work as long as they try to sort the problem out as soon as it occurs. They will need to inform the member of staff immediately and if possible inform them before the lesson starts. Staff want all learners to benefit from their independent study, not to be anxious or unsure. Any member of the department can be asked about work and they will be able to signpost the best ways to complete the work or to increase understanding.

**Email** –students can also email their teacher directly with any question that they have. The earlier the better so the member of staff can have enough time to respond appropriately