

PHF– Year 10 Report Feedback Sheet

Please find below information on each of the topics outlined on your child’s report for PHF. We have broken down each topic into the PERK assessment- Participation, Effort, Knowledge and Reflection. PERK is used to assess each sport throughout the year. We have directed you to a number of resources on each of the topics to allow your child to improve further. You can find all of the information you need by going to the following website or looking in the Year 10 Student Team in the folder named ‘Term 5 Report Feedback.’

<p>Topic 1 - Participation</p> <ul style="list-style-type: none"> - Coach/Lead/performer- Organises practices and games helping to improve performance - Participant- Is able to apply and adapt skills and techniques into a range of sports to outwit opponents and be able to demonstrate tactical knowledge and apply these into games. - Engage in extracurricular or community sport in a role such as performer, official or volunteer. 	<p>Resources</p> <p>Refer to teams area with a list of links for national governing body websites</p>	<p>Topic 2 - Effort</p> <ul style="list-style-type: none"> - Consistently brings PE kit - Be able to contribute fully in all aspects of the lesson and demonstrate positive attitudes towards all activities - Be able to demonstrate resilience in all physical activities 	<p>Resources</p> <p>Uniform - Brooke Weston Academy</p>
<p>Topic 3 - Knowledge</p> <ul style="list-style-type: none"> - Understand key rules for a range of sports. - Identify strategies to overcome the barriers e.g. This Girl Can. 	<p>Resources</p> <p>Refer to teams area with a list of links for community links and opportunities</p>	<p>Topic 4 - Reflection</p> <ul style="list-style-type: none"> - Create targets to improve own physical, mental and social well-being both in and out of lessons. - Evaluate my own and others performance in physical activity 	<p>Resources</p>