

## **Y11 Sports Science Unit R180 Homework**

**January 2025 – May 2025**

Complete the Everlearner test online during the week indicated. You are welcome to complete questions ahead of time. Tests must be completed to at least 60%, if 60% is not achieved, you must re-take the test.

These homework tasks are based on fact recall and building core knowledge. During lessons students will have more opportunity to apply this knowledge into exam style questions, focusing on exam technique and key mark points.

Homework will be posted each week on teams as a reminder.

**Exam Thursday 22<sup>nd</sup> May (pm) 1 hour 15 mins**

<b>Week Due</b>	<b>Homework Task</b>
13 <sup>th</sup> January	The Everlearner – TA1 – Extrinsic Factors
20 <sup>th</sup> January	The Everlearner – TA1 – Intrinsic Factors
27 <sup>th</sup> January	The Everlearner – TA1 – Psychological Factors, Reasons for Aggression & Mental Strategies
3 <sup>rd</sup> February	The Everlearner – TA2 – Warm Up
10 <sup>th</sup> February	The Everlearner – TA2 – Cool Down
17 <sup>th</sup> February	HALF TERM
24 <sup>th</sup> February	The Everlearner – TA3 – Acute Injuries
3 <sup>rd</sup> March	The Everlearner – TA3 – Chronic Injuries
10 <sup>th</sup> March	The Everlearner – TA4 – Measures to Reduce the Risk & Severity of Injury
17 <sup>th</sup> March	The Everlearner – TA4 – Responses & Treatments
24 <sup>th</sup> March	The Everlearner – TA4 – Psychological Effects
31 <sup>st</sup> March	The Everlearner – TA5 – Asthma, Diabetes & Epilepsy
7 <sup>th</sup> April	EASTER
14 <sup>th</sup> April	EASTER
21 <sup>st</sup> April	The Everlearner – TA5 – Sudden Cardiac Arrest, Hypothermia, Heat Exhaustion & Dehydration
28 <sup>th</sup> April	The Everlearner – TA1+ TA2 Checkpoint
5 <sup>th</sup> May	The Everlearner – TA3 + TA4 Checkpoint
12 <sup>th</sup> May	The Everlearner – TA5 Checkpoint
19 <sup>th</sup> May	The Everlearner – Opportunity for students to target their areas of weakness before exam on 22 <sup>nd</sup> May