

PE Enrichment Homework Autumn 1

Coaching Video

Learning Objective: Demonstrate an understanding of how to perform a skill of a sport of your choice. Use effective communication to be able to explain it.

Expectations: Create a video that shows an understanding of how to perform a particular skill.

Things to include:

A demonstration of how to do the skill

An explanation

Different practices of how the skill can be tested/improved

Deadline: Videos uploaded to Schools360 class code vumft3b by 9th October

Success Criteria:

You will have produced a video that shows you demonstrating and explaining a clear understanding of a particular skill.

You can produce this as an individual or as a group. If you are producing it as a group all members must have a part in the clip.

Safety: Please take care when producing the video and do not do anything that may be unsafe.

