

A Level PE Tasks

Mr McMahon

A dark blue diagonal gradient bar that starts from the bottom left corner and extends towards the top right corner, covering the bottom half of the slide.

Insanity



TASK 1 - Complete the Insanity Workout.

TASK 2 - What is Plyometrics?

TASK 3 - Describe the common features of each movement.

Insanity – Task 4

TASK 4 - Apply your knowledge of plyometrics and create your own workout.

Task 5 - Storyboard about the FA



Task 6 - Flipped Learning - Alberto Salazar

The image displays a collection of digital tools and forms used for flipped learning, arranged in a collage:

- Top Left:** A YouTube video player showing a video titled "IMPORTANT DRAWINGS USED IN VIDEO".
- Top Middle:** A form with a large empty box and a button labeled "LINKS TO OTHER TOPICS?".
- Top Right:** A Twitter tweet interface with a yellow button "QUESTION I WANT TO ASK IN CLASS:" above a text input field, and a "Tweet" button with a count of "107".
- Bottom Left:** A note-taking app interface with a yellow button "GENERAL NOTE SCRIBBLES" and a large empty box for notes. The "padlet" logo and "POST YOUR LEARNING TO PADLET" are visible at the bottom.
- Bottom Middle:** A "FLIPPED LEARNING MAT #FLM" form with fields for "Topic" and "Title:", and a "Wordle" logo with a button "GENERATE A WORD CLOUD OF KEY TERMS".
- Bottom Right:** A mobile messaging app interface with a yellow button "TEXT A DEFINITION", a "KEY TERM" field, a "MY DEFINITION:" field, and a "Send" button.

Task 7 -Delete this title and create your newspaper article.