

REMOTE CLASSROOM



DETERMINED TO MAINTAIN ACCESS TO HIGH QUALITY LESSONS

PE work for students NOT attending school

Monday 14 – Friday 25 September

SUBJECT	PE
Year Group	7
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>We are starting off on Fitness activities this half term. Complete a 'Couch to 5k' - complete week three week beginning 14th September and then week two the week beginning 21st September. See below link which will take you to the instructions on what to do in week three and week four.</p> <p>https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p>

SUBJECT	PE
Year Group	8
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>We are starting off on Fitness activities this half term. Complete a 'Couch to 5k' - complete week three week beginning 14th September and then week two the week beginning 21st September. See below link which will take you to the instructions on what to do in week three and week four.</p> <p>https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p>

SUBJECT	PE
Year Group	9 Sports Leaders
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>Continuation of task 1.1 looking at the skills and behaviours of a sports leader. Task 1.2 will look at 5 skills and 5 behaviours that you can come up with and explaining a job that would need that skill, eg. <i>Communication for a receptionist as they need to talk to people on the phone</i>. Within 1.2 it also gets you to think about how having each skill will help you get a job or help within the workplace.</p>

SUBJECT	PE
Year Group	9
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week three week beginning 14th September and then week two the week beginning 21st September. See below link which will take you to the instructions on what to do in week three and week four.</p> <p>https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p>

SUBJECT	GCSE PE
Year Group	10
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>Topic – Functions of the skeletal system</p> <p>Use your booklet and work through the powerpoint – Functions of the skeletal system.</p> <p>Make an attempt at the 6 mark question by using the guide provided within the powerpoint.</p> <p>S:\Physical Education\GCSE PE\Theory\mr conchie\GCSE\OCR GCSE Full Spec\1.1a\1.1a - structure and functions of the skeletal system</p>

SUBJECT	GCSE PE
Year Group	11
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>Topic- Short and Long Term effects of Exercise/ re-cap of components of fitness, methods of training, warming up and cooling down</p> <p>Complete Checkpoints 5, 6 and 7 on theeverlearner.com</p> <p>Try the Paper 1 revision quiz- S:\Physical Education\GCSE PE\Theory\Paper 1\Paper 1 revision quiz</p>

SUBJECT	A level PE
Year Group	12
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>Component 1- Physiological factors affecting performance</p> <p>S:\Physical Education\A level PE\Interactive PowerPoints – Go through powerpoint 1 and work through booklet on the muscular skeletal system. Use everlearner for muscular skeletal system and use videos on this topic to help</p> <p>Component 2- Classification of Skills</p> <p>S:\Physical Education\A level PE\Interactive PowerPoints- go through PowerPoint number 20- Types and methods of practice. Make notes on theeverlearner on this topic too.</p> <p>Component 3- S:\Physical Education\A level PE\Component 3\3.1\Lesson 2 -</p>

	<p>Post-industrial Britain. Go through the PowerPoint and then attempt the questions.</p> <p>Component 4-S:\Physical Education\A level PE\Component 4\NEA introduction- choose a video to analyse in your best sport. It has to be at a standard similar to you- so similar age/ level /ability. Please send the link to fme@formbyhighschool.com to check it.</p>
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SUBJECT	A level PE
Year Group	13
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>Component 1- Component 1- Physiological factors affecting performance S:\Physical Education\A level PE\Interactive PowerPoints – Energy systems – Work through interactive powerpoint and work through your booklets. Use prior knowledge of ATP to understand the process of resynthesis</p> <p>Component 2- Make notes on theeverlearner.com on the topic of Attribution and complete Checkpoint 7.</p> <p>Component 3- S:\Physical Education\A level PE\Component 3\3.2\Lesson 4 - Commercialisation and the Media. Read through PowerPoint called Commercialisation and read Word document called 'Golden Triangle' and highlight as you go through.</p> <p>Component 4- Add theory to Strengths and Weaknesses.</p>

SUBJECT	BTEC Sport
Year Group	12
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>Unit 1: Students to continue watching the Ever Learner on the topic of the skeletal system. They are to look at the functions of the major bones and complete the revision questions.</p> <p>Unit 3: Career development. Students pick out two careers within the sports industry and create a portfolio on each identifying job role, opportunities and personal specifications.</p> <p>S:\Physical Education\BTEC Sport\2016\Unit 3\Assignment 1 (A+B)</p>

SUBJECT	BTEC Sport
Year Group	13
Fortnight beginning	14 th September- 25 th September
Remote Classroom work	<p>Unit 2-Students to complete the lifestyle modification techniques on question 2. They will then complete the two scenarios in their work booklet and use they're in class work booklets to help them.</p> <p>Unit 5: Unit 5- Assignment 1- Fitness Testing. Research Validity, Reliability, Suitability and Ethical Considerations of fitness testing and produce a report.</p> <p>S:\Physical Education\BTEC Sport\2016\Unit 5\Assignment 1 - Fitness Testing\Learning Aim A. Use PowerPoint 'Validity, Reliability, Suitability, Ethical Considerations'.</p>

