

# REMOTE CLASSROOM



DETERMINED TO MAINTAIN ACCESS TO HIGH QUALITY LESSONS

## PE work for students NOT attending school

Friday 4 – Friday 11 September

SUBJECT	PE
Year Group	7
Fortnight beginning	31 <sup>st</sup> August- 11 <sup>th</sup> September
Remote Classroom work	We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week one week beginning 31 <sup>st</sup> August and then week two the week beginning 7 <sup>th</sup> August. See below link which will take you to the instructions on what to do in week one and week two. <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a>

SUBJECT	PE
Year Group	8
Fortnight beginning	31 <sup>st</sup> August- 11 <sup>th</sup> September
Remote Classroom work	We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week one week beginning 31 <sup>st</sup> August and then week two the week beginning 7 <sup>th</sup> August. See below link which will take you to the instructions on what to do in week one and week two. <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a>

SUBJECT	PE
Year Group	9 Sports Leaders
Fortnight beginning	31 <sup>st</sup> August- 11 <sup>th</sup> September
Remote Classroom work	Students to be shown where to access material – S Drive – Sports leaders.  Students will be given an overview of the course and will start Unit 1 tasks. These are looking at skills and behaviours of a sports leader.  Students should complete tasks 1.1 from their LER and save it into their user area.

SUBJECT	PE
Year Group	9
Fortnight beginning	31 <sup>st</sup> August- 11 <sup>th</sup> September

Remote Classroom work	<p>We are starting off on Fitness activities this half term.</p> <p>Complete a 'Couch to 5k' - complete week one week beginning 31<sup>st</sup> August and then week two the week beginning 7<sup>th</sup> August. See below link which will take you to the instructions on what to do in week one and week two.</p> <p><a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a></p>
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SUBJECT	GCSE PE
Year Group	10
Fortnight beginning	31 <sup>st</sup> August- 11 <sup>th</sup> September
Remote Classroom work	<p>Mr Conchie: Topic: 1.1 The structure and function of the skeletal system</p> <p>S:\Physical Education\GCSE PE\Theory\Mr Conchie\GCSE\OCR GCSE PE Full Specification\1.1.a</p> <p>Open PowerPoint named: '1.1a - The structure and function of the skeletal system' and work through the corresponding workbook named: '1.1a workbook'</p> <p>Mr Brindley: As above. Also S:\Physical Education\GCSE PE\Theory\Mr Brindley\1.1 Skeletal System- complete two worksheets of your choice from this folder on the S drive.</p>

SUBJECT	GCSE PE
Year Group	11
Fortnight beginning	31 <sup>st</sup> August- 11 <sup>th</sup> September
Remote Classroom work	<p>Topic- Short and Long Term effects of Exercise</p> <p>Complete notes by watching the tutorials on theeverlearner.com, then complete 'Tree Organiser' sheet. The worksheet can be found in the following location:</p> <p>S:\Physical Education\GCSE PE\Theory\Paper 1\1.1e Effects of exercise on body systems\In class activities\Remote learning- Effects of Exercise</p>

SUBJECT	A level PE
Year Group	12
Fortnight beginning	31 <sup>st</sup> August- 11 <sup>th</sup> September
Remote Classroom work	<p>Component 1- Physiological factors affecting performance S:\Physical Education\A level PE\Component 1\Mr Conchie – go through introduction lesson to component 1 and feedback</p> <p>Component 2- Classification of Skills S:\Physical Education\A level PE\Interactive PowerPoints- go through PowerPoint number 19- Classification of Skills. Read through Introduction lesson- S:\Physical Education\A level PE\Component 2\2.1 Skill Acquisition</p> <p>Component 3- S:\Physical Education\A level PE\Component 3\3.1\Lesson 1 - Pre-industrial Britain. Go through the PowerPoint and then attempt the questions.</p>

	Component 4-S:\Physical Education\A level PE\Component 4\NEA introduction- read through the introduction lesson. Choose one sport to complete as a performer or as a coach.
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<b>SUBJECT</b>	A level PE
<b>Year Group</b>	13
<b>Fortnight beginning</b>	31 <sup>st</sup> August- 11 <sup>th</sup> September
<b>Remote Classroom work</b>	<p>Component 1- Component 1- Physiological factors affecting performance S:\Physical Education\A level PE\Component 1\Mr Conchie – go through introduction lesson to component 1 and feedback</p> <p>Component 2- Make notes on theeverlearner.com on the topic of Attribution.</p> <p>Component 3- S:\Physical Education\A level PE\Component 3\3.2\Lesson 3 – Gambling. Read through PowerPoint and answer as they go through.</p> <p>Component 4- Add theory to 8-week action plan.</p>

<b>SUBJECT</b>	BTEC Sport
<b>Year Group</b>	12
<b>Fortnight beginning</b>	31 <sup>st</sup> August- 11 <sup>th</sup> September
<b>Remote Classroom work</b>	<p>Unit 1-</p> <p>Unit 3- Assignment 1- Careers in Sport. Introduction on the aims and background (the size, breadth and geographic spread of the sports industry, locally and nationally and factors that affect sports provision and employment opportunities). S:\Physical Education\BTEC Sport\2016\Unit 3\Assignment 1 (A+B). Use PowerPoint 'Assignment 1 (A&amp;B).</p>

<b>SUBJECT</b>	BTEC Sport
<b>Year Group</b>	13
<b>Fortnight beginning</b>	31 <sup>st</sup> August- 11 <sup>th</sup> September
<b>Remote Classroom work</b>	<p>Unit 2-</p> <p>Unit 5- Assignment 1- Fitness Testing. Research Validity, Reliability, Suitability and Ethical Considerations of fitness testing and produce a report. S:\Physical Education\BTEC Sport\2016\Unit 5\Assignment 1 - Fitness Testing\Learning Aim A. Use PowerPoint 'Validity, Reliability, Suitability, Ethical Considerations'.</p>