

REMOTE CLASSROOM



DETERMINED TO MAINTAIN ACCESS TO HIGH QUALITY LESSONS

PE work for students NOT attending school

Monday 28 September – Friday 9 October

SUBJECT	PE
Year Group	7
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week five the week beginning 25 th September and then week six the week beginning 5 th October. See below link which will take you to the instructions on what to do in week five and week six. https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/

SUBJECT	PE
Year Group	8
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week five the week beginning 25 th September and then week six the week beginning 5 th October. See below link which will take you to the instructions on what to do in week five and week six. https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/

SUBJECT	PE
Year Group	9 Sports Leaders
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	Classes shall be completing task 1.2 of their LER, looking at different environments that key skills can be transferred to. Students to look at task 1.3 should they progress.

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

SUBJECT	GCSE PE
Year Group	10
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	Mr Conchie: S:\Physical Education\GCSE PE\Theory\Mr Conchie\GCSE\OCR GCSE PE Full Specification\1.1.b - Work through your booklet which corresponds with the powerpoint slides 1-21 completing all tasks within your booklet. Mr Brindley: S:\Physical Education\GCSE PE\Theory\Mr Brindley\1.1 Skeletal System – Complete all tasks in workbook 1.1a using the PowerPoint to help you. Then log in to the Everlearner and watch lessons 3-5 on the skeletal system and complete checkpoint 1.

SUBJECT	GCSE PE
Year Group	11
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	On theeverlearner.com, in the topic 'components of fitness' there are four lessons- please complete the 'test yourself' function for each of the four lessons.' Also, complete Checkpoint 6.

SUBJECT	A level PE
Year Group	12
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	Component 1- S:\Physical Education\A level PE\Component 1\Mr Conchie\Year 12\Skeletal and muscular systems.ppt - I have summarised the content we have covered so far. Work through your booklet which corresponds with the powerpoint completing all tasks. Component 2- Classification of Skills S:\Physical Education\A level PE\Interactive PowerPoints- go through PowerPoint number 21- Transfer of Skills. Make notes on theeverlearner on this topic too. Component 3- On theeverlearner.com, make notes on the video called 'Influence on Public Schools.' Then complete the 'test yourself' on lessons 1,2,3 in the section called 'Emergence and Evolution of Modern Sport.' Component 4- S:\Physical Education\A level PE\Component 4\EAPI. Open the 'EAPI strengths and weaknesses booklet.' Using the video clip you have chosen, watch it and pick out the strengths in the performance in three areas- skills, tactics, fitness. Then, complete slide 7.

SUBJECT	A level PE
Year Group	13
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	<p>Component 1- Energy Systems – Aerobic system - S:\Physical Education\A level PE\Component 1\Mr Conchie\Year 13\Aerobic System.ppt Worth through all slides of the powerpoint and use your booklets to complete tasks which correspond with the slides. Please complete all tasks in the booklet.</p> <p>Component 2- Make notes on theeverlearner.com – there are 2 videos on the topic of Confidence and Self-efficacy. Complete the ‘test yourself’ function too.</p> <p>Component 3- On theeverlearner.com, complete the ‘test yourself’ sections which are on the 5 videos under the heading ‘commercialisation’. Also, complete Checkpoint 4.</p> <p>Component 4- Add theory to Strengths and Weaknesses.</p>

SUBJECT	BTEC Sport
Year Group	12
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	<p>Unit 1-Students to use the ever learner and watch the joints and synovial joints and joints and movement videos on the skeletal system. They will then complete their work notes in their booklet and also the online quiz will be completed. They have access to revision questions that they will also complete.</p> <p>Unit 3- Students are to continue with their chosen career pathway, stating qualifications (university ect) and then general skills (own skills) and specific skills (links to job). Skills must have a sentence explaining why they are required in the job role.</p> <p>Once completed, move onto your personal skills audit. Imagine you are applying for that job role. Begin with your own personal interests and accomplishments to date.</p> <p>S:\Physical Education\BTEC Sport\2016\Unit 3\Assignment 1 (A+B) Assignment 1 (A&B) Miss Barnett Yr 12</p>

SUBJECT	BTEC Sport
Year Group	13
Fortnight beginning	25 th September- 9 th October
Remote Classroom work	<p>Unit 2-Students to continue to add to their notes on the nutritional section of the course (question 3 of the exam) They will then complete past papers completing questions 1,2 and 3. All resources can be found on S-DRIVE-PE-BTEC SPORT-2016-UNIT 2-MISS TOPPING</p> <p>Unit 5- Unit 3- Students are to continue writing up their chosen fitness tests for their client. This is to be completed on a powerpoint presentation. Each slide to include the test name, component of fitness measured, test protocol, equipment required and the measurements used (national norms). Pupils can access class powerpoint in the following folder- S:\Physical Education\BTEC Sport\2016\Unit 5\Assignment 1 - Fitness Testing Teacher powerpoint ‘Yr 13 Unit 5 Miss Barnett A & B’ Students can use Brian Mac sports to help.</p>