

REMOTE CLASSROOM



DETERMINED TO MAINTAIN ACCESS TO HIGH QUALITY LESSONS

PE work for students NOT attending school

Monday 12 October – Thursday 22 October

SUBJECT	PE
Year Group	7
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	<p>We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week seven the week beginning 12th October and then week eight the week beginning 19th October. See below link which will take you to the instructions on what to do in week seven and week eight. You could complete the final week, week nine, in half term.</p> <p>https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p>

SUBJECT	PE
Year Group	8
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	<p>We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week seven the week beginning 12th October and then week eight the week beginning 19th October. See below link which will take you to the instructions on what to do in week seven and week eight. You could complete the final week, week nine, in half term.</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	12 th October- 23 rd October
Remote Classroom work	<p>Students to ensure tasks 1.1, 1.2 are complete. Students to look at task 1.3 looking at their strengths and weaknesses as a sports leader and complete on their LER</p> <p>Resources available on S drive – PE- Sports leaders.</p>

SUBJECT	PE
Year Group	9
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week seven the week beginning 12 th October and then week eight the week beginning 19 th October. See below link which will take you to the instructions on what to do in week seven and week eight. You could complete the final week, week nine, in half term. https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/

SUBJECT	PE
Year Group	KS4 HFW PE (Y10 and Y11)
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	We are starting off on Fitness activities this half term. Complete a 'Couch to 5k'- complete week seven the week beginning 12 th October and then week eight the week beginning 19 th October. See below link which will take you to the instructions on what to do in week seven and week eight. You could complete the final week, week nine, in half term. https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/

SUBJECT	GCSE PE
Year Group	10
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	Muscular system - On theeverlearner.com, click the topic 'muscular system' and work through the 3 lessons - Please use the 'test yourself' feature for each lesson.

SUBJECT	GCSE PE
Year Group	11
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	On theeverlearner.com, in the topics 'training' and 'warmup and cool down', there are 8 lessons altogether- please complete the 'test yourself' function for each of these lessons. Re-watch any lessons that you feel you don't remember or understand. ' Also, complete Checkpoint 7.

SUBJECT	A level PE
Year Group	12
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	Component 1- S:\Physical Education\A level PE\Component 1\Mr Conchie\Year 12 - Work through PowerPoint 'Skeletal muscle contractions' and complete tasks in your booklets (motor units) which correspond to the PowerPoint. . Component 2- Classification of Skills- lessons 2,3,4 on operant conditioning, cognitive learning and observational learning. Make notes and then complete the 'test yourself' function on each one. Component 3- On theeverlearner.com, make notes on the video called

	<p>'Influence on Public Schools.' Then complete the 'test yourself' on lessons 1,2,3 in the section called 'Emergence and Evolution of Modern Sport.'</p> <p>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.</p>
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SUBJECT	A level PE
Year Group	13
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	<p>Component 1- S:\Physical Education\A level PE\Component 1\Mr Conchie\Year 13\Revision - Work through powerpoint 'Strength training' and complete tasks in your booklets (Revision – Strength training) which correspond to the powerpoint.</p> <p>Component 2- Make notes on theeverlearner.com on Leadership- there are three videos to watch.. Then, attempt the 'test yourself' function on each one.</p> <p>Component 3- Make notes on 'routes to sporting excellence'- lessons one and two. Then, attempt the 'test yourself' function of each lesson.</p> <p>Component 4- Add theory to Strengths and Weaknesses- due 2nd November.</p>

SUBJECT	BTEC Sport
Year Group	12
Fortnight beginning	12 th October- 23 rd October
Remote Classroom work	<p>Unit 1-Students will start to complete their class booklets on joints. (this work has been delayed due to the mock) and they will watch the Ever-learner videos on joints/synovial joints and complete the online quizzes.</p> <p>Unit 3- Students to finish chosen career pathways (qualifications, general skills and specific skills). Once completed, move onto/ continue with your personal skills audit. Imagine you are applying for that job role. Begin with your own personal interests and accomplishments to date. Ensure you link to the specific job- you can research hob requirements online.</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	12 th October- 23 rd October
Remote Classroom work	<p>Unit 2-Students to continue completing their notes on nutrition/hydration and dehydration. They will then revise over their notes in sections A, B and C for the mock test that will week beginning 19th October.</p> <p>Unit 5- Using the checklist you have been given, ensure all underlined work is completed and printed. This checklist will also be added to class charts.</p> <p>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>