

REMOTE CLASSROOM



DETERMINED TO MAINTAIN ACCESS TO HIGH QUALITY LESSONS

PE work for students NOT attending school

Monday 16 November – Thursday 26 November

SUBJECT	PE
Year Group	7
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	Choose either: Netball- please try some of these 'Bee netball at home' activities- https://www.englandnetball.co.uk/bee-at-home/beehome-videos/ Football- please try some of these football at home drills/challenges- https://www.bbc.co.uk/cbbc/watch/kickabout-home-skills-football-to-do-in-home-and-garden

SUBJECT	PE
Year Group	8
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	Netball- please try some of these 'England netball at home' activities- https://www.youtube.com/playlist?list=PLZ7tt5cW7wxRKkVIUmmAo5mSL6G6Witkn Football- please try some of these football at home drills/challenges- https://www.bbc.co.uk/cbbc/watch/kickabout-home-skills-football-to-do-in-home-and-garden

SUBJECT	PE
Year Group	9 Sports Leaders
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	JHU – students to complete unit 1. proofread, ensure all tasks have sentences and are structured. Once complete submit to google classroom. Students to think about what information does a sports leader need to have when planning a lesson.

SUBJECT	PE
Year Group	9
Fortnight beginning	2 nd November- 13 th November

Remote Classroom work	<p>Netball- please try some of these 'England netball at home' activities- https://www.youtube.com/playlist?list=PLZ7tt5cW7wxRKkVIUmmAo5mSL6G6Witkn</p> <p>Football- please try some of these football at home drills/challenges- https://www.bbc.co.uk/cbbc/watch/kickabout-home-skills-football-to-do-in-home-and-garden</p>
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SUBJECT	PE
Year Group	KS4 HFW PE (Y10 and Y11)
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	<p>Netball- please try some of these 'England netball at home' activities- https://www.youtube.com/playlist?list=PLZ7tt5cW7wxRKkVIUmmAo5mSL6G6Witkn</p> <p>Football- please try some of these football at home drills/challenges- https://www.bbc.co.uk/cbbc/watch/kickabout-home-skills-football-to-do-in-home-and-garden</p>

SUBJECT	GCSE PE
Year Group	10
Fortnight beginning	16 th November- 27 th November
Remote Classroom work	<p>On theeverlearner.com complete the 3 lessons on movement analysis (1 lesson on Movement- Planes and Axes and 2 lessons on Levers). Watch the video then complete 20 of the test yourself questions for each lesson.</p> <p>For those in Mr Brindley's group ending their period of isolation please ensure all revision has been completed for the muscular system end of topic test.</p> <p>For students in Mr Conchies class please ensure checkpoints are complete for levers and axis</p>

SUBJECT	GCSE PE
Year Group	11
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	<p>On theeverlearner.com, complete the 'test yourself' function for all of the 'cardiovascular system' videos and the 'respiratory system' videos. Re-watch any lessons that you feel you don't remember or understand. Also, complete Checkpoint 3. If you want further help, try GCSE Pod too.</p>

SUBJECT	A level PE
Year Group	12
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	<p>Component 1- theeverlearner.com, watch videos on 'Respiratory system'. Make notes and then complete the 'test yourself' function on each one.</p> <p>Component 2- On theeverlearner.com, watch videos on 'Feedback' and 'Multi-store Memory Model' and ' Craik and Lockhart's Processing Model'. Make notes and then complete the 'test yourself' function on each one.</p> <p>Component 3- On theeverlearner.com, make notes on the video called 'Sport in 21st Century Britain.' Then, complete the 'test yourself' function.</p>

	Component 4- S:\Physical Education\A level PE\Component 4\EAPI. Open the 'EAPI Action Plan Helpsheet' and aim to complete the first week. Each week should have 3 sessions- 2 skill sessions and 1 fitness based session.
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SUBJECT	A level PE
Year Group	13
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	<p>Component 1- theeverlearner.com, watch videos on 'EPOC, Recovery Process'. Make notes and then complete the 'test yourself' function on each one.</p> <p>Component 2- On theeverlearner, make notes on 'stress management' and then complete the 'test yourself' function. Complete Checkpoint 8.</p> <p>Component 3- On theeverlearner, make notes on 'routes to sporting excellence'- lesson 5. Then, attempt the 'test yourself' function for this lesson and checkpoint 5.</p> <p>Component 4- Continue to add theory from components 1, 2 and 3 to your Action Plan. Also, watch to see example of what the spoken version of the EAPI will look like. https://www.youtube.com/watch?v=EYTUT17FZrQ https://www.youtube.com/watch?v=zsgSCnn4Xwo</p>

SUBJECT	BTEC Sport
Year Group	12
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	<p>Unit 1- continue using the ever learner to look at antagonistic pairs and muscle fibre types. Complete notes and work booklet using the PP on the S-Drive- BTEC sport- unit 1- Miss Topping-</p> <p>Unit 1 - theeverlearner.com, watch videos on 'Energy systems'. Make notes and then complete the 'test yourself' function on each one. - Mr Conchie</p> <p>Unit 3- Students are to continue with A3, having completed A1 & A2. A3- looking at the two pathways and ensuring they have met the components in the checklist (can be found on S drive & class charts).</p>

SUBJECT	BTEC Sport
Year Group	13
Fortnight beginning	2 nd November- 13 th November
Remote Classroom work	<p>Unit 2- Practice paper for questions 4 and 5 on training methods and thresholds. Look through notes and revision guide for assistance.</p> <p>Unit 5- B3. Complete justification of tests and begin planning order of tests. Students are to put together an order of tests ready to begin administration. Must consider appropriate order and ensure they have the protocols for each.</p>