**Home Learning during Self Isolation**

**KS3 Core PE**

**Christmas – February Half Term**

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| **Week Beginning** | **Topic(s) taught in school** | **Oak Academy Lesson** |
| Monday 10th January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-muscular-endurance-6dhpad>  and complete one workout off the Netflex document |
| Monday 17th January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-power-64uk0e>  and complete one workout off the Netflex document |
| Monday 24th January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-agility-6tj36t>  and complete one workout off the Netflex document |
| Monday 31st January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-balance-ccu3ac>  and complete one workout off the Netflex document |
| Monday 7th February | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-speed-71hkec>  <https://classroom.thenational.academy/lessons/how-can-we-train-cardiorespiratory-fitness-6ru6ct>  and complete one workout off the Netflex document |

**Home Learning during Self Isolation**

**KS4 Core PE**

**Christmas – February Half Term**

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| **Week Beginning** | **Topic(s) taught in school** | **Oak Academy Lesson** |
| Monday 10th January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-muscular-endurance-6dhpad>  and complete one workout off the Netflex document |
| Monday 17th January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-power-64uk0e>  and complete one workout off the Netflex document |
| Monday 24th January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-agility-6tj36t>  and complete one workout off the Netflex document |
| Monday 31st January | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-balance-ccu3ac>  and complete one workout off the Netflex document |
| Monday 7th February | Core PE/Games Lesson | <https://classroom.thenational.academy/lessons/how-can-we-train-speed-71hkec>  <https://classroom.thenational.academy/lessons/how-can-we-train-cardiorespiratory-fitness-6ru6ct>  and complete one workout off the Netflex document |

**Home Learning during Self Isolation**

**Year 10 BTEC Dance**

**Christmas – February Half Term**

**All classwork resources will be put on Teams each week**

**Toot Hill APP Link:** <https://apps.toothillschool.co.uk/index.php?a=3&id=94>

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| **Week Beginning** | **Topic(s) taught in school** | **SENECA/GCSE POD’s/Toot Hill APP** |
| Monday 10th January | 5 Soldiers | <https://m.youtube.com/watch?v=ku1tVoBUyw8>  <http://www.5soldiers.co.uk/wp-content/uploads/2017/07/5SOLDIERS-Education-Pack.pdf>  Research and write about how 5 soldiers was created. Add this information to your coursework presentation. |
| Monday 17th January | 5 Soldiers | <https://m.youtube.com/watch?v=ku1tVoBUyw8>  <http://www.5soldiers.co.uk/wp-content/uploads/2017/07/5SOLDIERS-Education-Pack.pdf>  Research and write about the stylistic qualities in 5 soldiers. Stylistic qualities include; actions, space, dynamics, relationships. Add some examples to your coursework presentation. |
| Monday 24th January | 5 Soldiers | <https://m.youtube.com/watch?v=ku1tVoBUyw8>  <http://www.5soldiers.co.uk/wp-content/uploads/2017/07/5SOLDIERS-Education-Pack.pdf>  Research the processes, skills and approaches used by Rosie Kay when creating 5 Soldiers. Add this information to your coursework presentation. |
| Monday 31st January | 5 Soldiers | <https://m.youtube.com/watch?v=ku1tVoBUyw8>  <http://www.5soldiers.co.uk/wp-content/uploads/2017/07/5SOLDIERS-Education-Pack.pdf>  Research the costume and accompaniment (music and/or sounds) used and reasons for using them in 5 soldiers. Add this information to your coursework presentation. |
| Monday 7th February | 5 Soldiers | <https://m.youtube.com/watch?v=ku1tVoBUyw8>  <http://www.5soldiers.co.uk/wp-content/uploads/2017/07/5SOLDIERS-Education-Pack.pdf>  Research the set design and props used and reasons for using them in 5 soldiers. Add this information to your coursework presentation. |

**Home Learning during Self Isolation**

**Year 10 BTEC Sport**

**Christmas – February Half Term**

**All classwork resources will be put on Teams each week**

**Toot Hill APP Link:** <https://apps.toothillschool.co.uk/index.php>

**GCSE POD:**  <https://www.gcsepod.com/>

**Passwords available from your BTEC Sport Teacher**

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| **Week Beginning** | **Topic(s) taught in school** | **SENECA/GCSE POD’s/Toot Hill APP** |
| Monday 10th January | Understanding Fitness Programmes – aims, objectives, selection of components of fitness, safe design, components of a session plan | TEAMS |
| Monday 17th January | End of Unit Formative Assessment on Fitness Programmes | TEAMS |
| Monday 24th January | Nutrition for Sport & Activity: Carbohydrates, Proteins & Fats | TEAMS |
| Monday 31st January | Nutrition for Sport & Activity  Calories, RDA, Benefits of Macronutrients | TEAMS |
| Monday 7th February | Nutrition for Sport & Activity: Benefits of Macronutrients cont… End of Unit formative assessment on Macronutrients. | TEAMS |

**Home Learning during Self Isolation**

**Year 10 CNAT Sport**

**Christmas – February Half Term**

**All classwork resources will be put on Teams each week**

**Toot Hill APP Link:** <https://apps.toothillschool.co.uk/index.php>

**GCSE POD:**  <https://www.gcsepod.com/>

**Passwords available from your CNAT Teacher**

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| **Week Beginning** | **Topic(s) taught in school** | **SENECA/GCSE POD’s/Toot Hill APP** |
| Monday 10th January | The features of major sporting events | <https://www.bbc.co.uk/bitesize/guides/z6vcwmn/revision/6> |
| Monday 17th January | The features of major sporting events | <https://www.bbc.co.uk/bitesize/guides/z6vcwmn/revision/6> |
| Monday 24th January | The potential benefits and drawbacks of cities/countries hosting major sporting events | <https://www.bbc.co.uk/bitesize/guides/z6vcwmn/revision/6> |
| Monday 31st January | The potential benefits and drawbacks of cities/countries hosting major sporting events | <https://www.bbc.co.uk/bitesize/guides/z6vcwmn/revision/6> |
| Monday 7th February | The links between potential benefits and drawbacks and legacy | <https://www.bbc.co.uk/bitesize/guides/z6vcwmn/revision/6> |

**Home Learning during Self Isolation**

**Year 10 GCSE PE**

**Christmas – February Half Term**

**All classwork resources will be put on Teams each week**

**Toot Hill APP Link:** <https://apps.toothillschool.co.uk/index.php>

**GCSE POD:**  <https://www.gcsepod.com/>

**Passwords available from your GCSE PE Teacher**

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| **Week Beginning** | **Topic(s) taught in school** | **SENECA/GCSE POD’s/Toot Hill APP** |
| Monday 10th January | Sports Psychology – Types of Guidance | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=35>   * 2.2 Lesson 5 – Guidance and Feedback Homework   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12409/76343>   * Mental Preparation for performance * Guidance   **BBC Bitesize**: <https://www.bbc.co.uk/bitesize/guides/zymq6fr/revision/1>  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 17th January | Sports Psychology – Types of Feedback | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=35>   * 2.2 Lesson 5 – Guidance and Feedback Homework   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12409/76343>   * Feedback   **BBC Bitesize:** <https://www.bbc.co.uk/bitesize/guides/zx84wxs/revision/1>  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 24th January | Engagement Patterns – Current Trends in the participation and Sport | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=35>   * 2.1b.2 Social Factors Booklet   **GCSE POD:** [**https://members.gcsepod.com/shared/podcasts/title/12587/77290**](https://members.gcsepod.com/shared/podcasts/title/12587/77290)   * Current UK Trends in Physical Activity and Sport   **BBC Bitesize:** <https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1>  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 31st January | Engagement Patterns – Factors Affecting participation | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=35>   * 2.1b.2 Social Factors Booklet   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12587/77290>   * Other Factors Affecting Participation   **GCSE POD:**  <https://members.gcsepod.com/shared/podcasts/title/12410/76413>   * Social Groupings: Gender and Ethnicity * Social Groupings: Age and Disability * Family   **BBC Bitesize:** <https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1>  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 7th February | Engagement Patterns – Strategies to improve participation | **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12587/77290>   * Strategies to Improve Participation Rates   **BBC Bitesize:** <https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1>  **Lesson Powerpoints** will also be put on Teams each week |

**Home Learning during Self Isolation**

**Year 11 BTEC Sport**

**Christmas – February Half Term**

**All classwork resources will be put on Teams each week**

**Toot Hill APP Link:** <https://apps.toothillschool.co.uk/index.php>

**GCSE POD:**  <https://www.gcsepod.com/>

**Passwords available from your BTEC Sport Teacher**

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| **Week Beginning** | **Topic(s) taught in school** | **SENECA/GCSE POD’s/Toot Hill APP** |
| Monday 10th January | Leadership | DMO Group to continue to work from the resources on Teams to complete power point on Leadership  SHD Group - <https://www.bbc.co.uk/bitesize/guides/z2sbkqt/revision/1>  Complete research and test |
| Monday 17th January | Leadership observation and analysis | <https://www.bbc.co.uk/bitesize/guides/zmfg87h/revision/1>  Complete research and test |
| Monday 24th January | Leadership designing a session | <https://www.bbc.co.uk/bitesize/guides/zxyrd2p/revision/1>  Complete research and test |
| Monday 31st January | Warm up and skills | On a Word document name and describe a suitable games warm up for an activity that you are comfortable teaching. Include equipment needed, time frame, suitable static and ballistic stretches. |
| Monday 7th February | Recap effects of exercise | <https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d6b40690-2dd0-11e8-ad5f-57c0add51aaa/session> |

**Home Learning during Self Isolation**

**Year 11 GCSE PE**

**Christmas – February Half Term**

**All classwork resources will be put on Teams each week**

**Toot Hill APP Link:** <https://apps.toothillschool.co.uk/index.php>

**GCSE POD:**  <https://www.gcsepod.com/>

**SENECA:** <https://app.senecalearning.com/teacher/class/kba5jid7y7/overview>

**Passwords available from your GCSE PE Teacher**

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| **Week Beginning** | **Topic(s) taught in school** | **SENECA/GCSE POD’s/Toot Hill APP** |
| Monday 10th January | Sports Psychology – Mental Preparation, Types of Guidance and Types of Feedback | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=35>   * 2.2 Lesson 5 – Guidance and Feedback Homework   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12409/76343>   * Goal Setting and SMART Targets * Mental Preparation for performance * Guidance * Feedback   **SENECA:** Please see HWK on Teams  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 17th January | Health, Fitness and Wellbeing, diet and Nutrition – Health, Fitness and Wellbeing and sedentary lifestyle. Physical, emotional and social benefits of physical activity and consequences of a sedentary lifestyle. Balanced diet and the components of a balanced diet | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=35>   * 2.3.4 Diet Booklet – Revision * 2.3.4 Diet   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12413/76349>   * Health, Fitness and Well-being   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12588/77294>   * Health, Fitness and Well-being * Benefits of Healthy, Active Lifestyle * Consequences of a Sedentary Lifestyle * An Athlete’s Diet   **SENECA:** Please see HWK on Teams  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 24th January | Paper 2 Mock exam and Skeletal System Revision - Location of major bones, functions of the skeleton, types of synovial joints & movement at each joint, components of joints | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=34>   * 1.1a.1 Blank Skeleton * 1.1a.2 Function * 1.1a.3 Label Synovial Joint * 1.1a.4 Movement   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12402/76330>   * The Main Bones in the Body * Structure and Function of a Skeleton * How Do Synovial Joints Help to Produce Movement?   **SENECA:** Please see HWK on Teams  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 31st January | Muscular System Revision - Location of major muscle groups and roles of muscles in movement.  Movement Analysis – Levers, planes of movement and axes of rotation | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=34>   * 1.1b.1 Naming Muscles * 1.1b.2 Muscle Movement * 1.1b.3 Antagonitic Pairs * 1.1c.1 Movement Analysis   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12403/76333>   * Main Muscles in the Body * Antagonist Muscle Action   **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12406/76404>   * Types of Levers * Planes and Axes of Movement * Mechanical Advantage of Levers   **SENECA:** Please see HWK on Teams  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 7th February | Cardiovascular System Revision - Structure and function of the cardiovascular system and pathway of blood through heart | **Toot Hill App** <https://apps.toothillschool.co.uk/index.php?a=3&id=34>   * 1.1d.1 Heart and RBC * 1.1d.3 HR, SV and Q * 1.1d.2 Circulation   **GCSE POD:** [**https://members.gcsepod.com/shared/podcasts/title/12404/76335**](https://members.gcsepod.com/shared/podcasts/title/12404/76335)   * Blood Vessels in the Body * The Structure of the Heart and the Cardiac Cycle * How can we measure the efficiency of our Heart * Anaerobic and Aerobic Exercise   **SENECA:** Please see HWK on Teams  **Lesson Powerpoints** will also be put on Teams each week |