**Home Learning during Self Isolation**

**KS3 Core PE**

**Christmas – February Half Term**

|  |  |  |
| --- | --- | --- |
| **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**

|  |  |  |
| --- | --- | --- |
| **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>

|  |  |  |
| --- | --- | --- |
| **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**

|  |  |  |
| --- | --- | --- |
| **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 & ActivityCalories, 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**

|  |  |  |
| --- | --- | --- |
| **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**

|  |  |  |
| --- | --- | --- |
| **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**

|  |  |  |
| --- | --- | --- |
| **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 LeadershipSHD 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**

|  |  |  |
| --- | --- | --- |
| **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 |