**Home Learning during Self Isolation**

**KS3 Core PE**

**February Half Term - EASTER**

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| **Week Beginning** | **Topic(s) taught in school** | **Oak Academy Lesson** |
| Monday 21st February | Core PE/Games Lesson | [How can monitoring heart rate be used to improve fitness? (thenational.academy)](https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae) |
| Monday 28th February | Core PE/Games Lesson | [What is resistance training? (thenational.academy)](https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t) |
| Monday 7th March | Core PE/Games Lesson | [What is aerobic training? (thenational.academy)](https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e) |
| Monday 14th March | Core PE/Games Lesson | [What is high intensity interval training? (thenational.academy)](https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je) |
| Monday 21st March | Core PE/Games Lesson | [How can fitness be measured? (thenational.academy)](https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c) |
| Monday 28th March | Core PE/Games Lesson | [How can training be personalised? (thenational.academy)](https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr) |

**Home Learning during Self Isolation**

**KS4 Core PE**

**February Half Term - EASTER**

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| **Week Beginning** | **Topic(s) taught in school** | **Oak Academy Lesson** |
| Monday 21st February | Core PE/Games Lesson | [How can monitoring heart rate be used to improve fitness? (thenational.academy)](https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae) |
| Monday 28th February | Core PE/Games Lesson | [What is resistance training? (thenational.academy)](https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t) |
| Monday 7th March | Core PE/Games Lesson | [What is aerobic training? (thenational.academy)](https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e) |
| Monday 14th March | Core PE/Games Lesson | [What is high intensity interval training? (thenational.academy)](https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je) |
| Monday 21st March | Core PE/Games Lesson | [How can fitness be measured? (thenational.academy)](https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c) |
| Monday 28th March | Core PE/Games Lesson | [How can training be personalised? (thenational.academy)](https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr) |

**Home Learning during Self Isolation**

**Year 10 BTEC Dance**

**February Half Term - EASTER**

**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 21st February | (CHL) Rosas Danst Rosas   * Create a new warm up routine * Start to learn Rosas repertoire * Develop skills during rehearsal * Complete a logbook entry   (ASA) Rosas Danst Rosas   * Learn the roles, responsibilities and skills of those involved in the creation of Rosas | <https://www.youtube.com/watch?v=vlLZExpgBOY>  <https://www.rosas.be/en/productions/378-rosas-danst-rosas> |
| Monday 28th February | Rosas Danst Rosas   * Continue to learn Rosas repertoire * Develop skills during rehearsal * Complete a logbook entry   (ASA) Rosas Danst Rosas   * Learn the roles, responsibilities and skills of those involved in the creation of Rosas |
| Monday 7th March | Rosas Danst Rosas   * Finish learning Rosas repertoire * Develop skills during rehearsal * Complete a logbook entry   (ASA) Rosas Danst Rosas   * Learn the roles, responsibilities and skills of those involved in the creation of Rosas |
| Monday 14th March | Rosas Danst Rosas   * Rehearse Rosas repertoire in preparation for assessment   (ASA) Rosas Danst Rosas   * Learn about the interrelationships used to contribute to the creative process |
| Monday 21st March | Rosas Danst Rosas   * Apply skills to performance * Record Rosas final assessed performance   (ASA) Rosas Danst Rosas   * Learn about the interrelationships used to contribute to the creative process * Start to add Rosas info to coursework Powerpoint |
| Monday 28th March | Rosas Danst Rosas   * Complete evaluation of Rosas performance   (ASA) Rosas Danst Rosas   * Continue to add and complete Rosas info onto coursework Powerpoint |

**Home Learning during Self Isolation**

**Year 10 BTEC Sport**

**February Half Term - EASTER**

**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 21st February | Diet | All Lessons will be on Teams  GCSE Bitesize |
| Monday 28th February | Diet | All Lessons will be on Teams  GCSE Bitesize |
| Monday 7th March | Diet | All Lessons will be on Teams  GCSE Bitesize |
| Monday 14th March | Diet | All Lessons will be on Teams  GCSE Bitesize |
| Monday 21st March | Diet | All Lessons will be on Teams  GCSE Bitesize |
| Monday 28th March | Diet | All Lessons will be on Teams  GCSE Bitesize |

**Home Learning during Self Isolation**

**Year 10 CNAT Sport**

**February Half Term - EASTER**

**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 21st February | Handball Rules | <https://www.youtube.com/watch?v=69Ap8WsenXc>  Create poster clearly explaining rules of the sport.  Include any hand signals that officials use if appropriate. |
| Monday 28th February | Badminton Rules | <https://www.youtube.com/watch?v=S2-G_tbIj80>  Create poster clearly explaining rules of the sport.  Include any hand signals that officials use if appropriate. |
| Monday 7th March | Basketball Rules | <https://www.youtube.com/watch?v=wYjp2zoqQrs>  Create poster clearly explaining rules of the sport.  Include any hand signals that officials use if appropriate. |
| Monday 14th March | Football Rules | <https://www.youtube.com/watch?v=qg566N-eDWo>  Create poster clearly explaining rules of the sport.  Include any hand signals that officials use if appropriate. |
| Monday 21st March | Netball Rules | <https://www.youtube.com/watch?v=V1qINnI-Dis>  Create poster clearly explaining rules of the sport.  Include any hand signals that officials use if appropriate. |
| Monday 28th March | Table Tennis | <https://www.youtube.com/watch?v=zSKpxB3rOB8>  Create poster clearly explaining rules of the sport.  Include any hand signals that officials use if appropriate. |

**Home Learning during Self Isolation**

**Year 10 GCSE PE**

**February Half Term - EASTER**

**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 21st February | 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 28th February | 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 March | 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 |
| Monday 14th March | Participation in Physical Activity and Sport- Understand how different factors can affect participation, including: | Research related task- Sport England Information  <https://www.sportengland.org/>  **BBC Bitesize:** <https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1>  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 21st March | Understand strategies which can be used to improve participation:  • promotion • provision • access | **GCSE POD**: <https://members.gcsepod.com/shared/podcasts/title/12410>  **BBC Bitesize:** <https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1>  **Lesson Powerpoints** will also be put on Teams each week |
| Monday 28th March | Engagement Patterns application and recap | **GCSE POD:** <https://members.gcsepod.com/shared/podcasts/title/12587>  **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**

**February Half Term - EASTER**

**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 21st February | Completing work for Short and Long Term Physical and Psychological Benefits of sport  **Poster task** – How does a coach promote the physical and psychological benefits? | Students complete work on Teams |
| Monday 28th February | Target groups – Who are the main target groups? Why are they target groups? | Students complete written tasks on Teams - Target Groups |
| Monday 7th March | Types of Sessions: Fitness, Sport (Individual and team) and multi-activity | Students complete written tasks on teams – Types of Session |
| Monday 14th March | Typing Learning Aim B Coursework | Students complete written tasks on teams – Risk Assessment, Session Plan, justification of session plan. |
| Monday 21st March | Delivery of practical sessions | Students deliver session plans to a group of peers/younger students |
| Monday 28th March | Evaluation/Review of session | Students complete written work on teams to evaluate session delivered. |

**Home Learning during Self Isolation**

**Year 11 GCSE PE**

**February Half Term - EASTER**

**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 21st February | 6 Marker structure  Cardiovascular System | 6 Marker – Please see Teams Powerpoint  <https://members.gcsepod.com/shared/podcasts/title/12404/76335> |
| Monday 28th February | Health, Wellbeing and Fitness | <https://members.gcsepod.com/shared/podcasts/title/12413/76349> |
| Monday 7th March | Diet and Nutrition | <https://members.gcsepod.com/shared/podcasts/title/12588/77294> |
| Monday 14th March | Movement Analysis: Levers and The Skeletal System | <https://members.gcsepod.com/shared/podcasts/title/12406/76404> |
| Monday 21st March | Movement Analysis: Planes of movement and axes of rotation | <https://members.gcsepod.com/shared/podcasts/title/12406/76404> |
| Monday 28th March | Structure and Function of the Cardiovascular System | <https://members.gcsepod.com/shared/podcasts/title/12404/76335> |