



Home Learning during Self Isolation

Year 10 GCSE PE

October Half Term – Christmas

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/>

SENCA: <https://senecalearning.com/en-GB/>

Coursework: Accessible via Students Toot Hill School OneDrive

Passwords available from your GCSE PE Teacher

Week Beginning	Topic(s) taught in school	SENACA/GCSE POD's/Toot Hill APP
2 nd November	Ethics and Deviance Lesson- uploaded to Teams Sportsmanship and Gamesmanship	BBC Bitesize- GCSE PE OCR https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1 SENECA OCR GCSE PE https://app.senecalearning.com/dashboard/join-class/5bgonbo7x4
9 th November	Ethics and Deviance	BBC Bitesize- GCSE PE OCR https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1



	Lesson uploaded to Teams- Drugs in Sport	SENECA OCR GCSE PE https://app.senecalearning.com/dashboard/join-class/5bgonbo7x4
16 th November	Ethics and Deviance Lesson uploaded to Teams- Impact of Drugs in Sport	BBC Bitesize- GCSE PE OCR https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1 SENECA OCR GCSE PE https://app.senecalearning.com/dashboard/join-class/5bgonbo7x4
23 rd November	Ethics and Deviance Lesson uploaded to Teams- Violence in Sport	BBC Bitesize- GCSE PE OCR https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1 SENECA OCR GCSE PE https://app.senecalearning.com/dashboard/join-class/5bgonbo7x4
30 th November	Ethics and Deviance Lesson uploaded to Teams- Cheating in Sport	BBC Bitesize- GCSE PE OCR https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1 SENECA OCR GCSE PE https://app.senecalearning.com/dashboard/join-class/5bgonbo7x4
7 th December	Ethics and Deviance Lesson uploaded to Teams- Examples of ethical issues in sport	BBC Bitesize- GCSE PE OCR https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1 SENECA OCR GCSE PE https://app.senecalearning.com/dashboard/join-class/5bgonbo7x4



Year 10 BTEC SPORT

October Half Term – Christmas

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Mr Wickens' Unit: Access coursework through Toot Hill School OneDrive

Week Beginning	Topic(s) taught in school	Resources to support your learning
19 th October	<ul style="list-style-type: none"> Micronutrients: Link to sporting examples. Assessment on Macronutrients and Micronutrients. Purple pen answers on 	https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 Lesson Resources will be saved on Teams Exam paper will be uploaded onto Teams. Answers to self-mark questions will also be saved on Teams Complete coursework for Mr Wickens' on OneDrive
Half Term	Half Term	Half Term
2 nd November	Benefits of macronutrients to participation in sport or activity: <u>Carbohydrates:</u> <ul style="list-style-type: none"> Role of complex carbohydrates and their importance in the release of energy in aerobic activities Role of simple carbohydrates in boosting energy before, during and after exercise 	https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 Lesson Resources will be saved on Teams Complete coursework for Mr Wickens' on OneDrive
9 th November	Benefits of macronutrients to participation in sport or activity: <u>Protein:</u> <ul style="list-style-type: none"> Role in promoting muscle growth, promotes increases in strength for sport or activity Role in repair of tissue/micro-tears after sport or activity to allow further training/reduced risk of injury 	https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 Lesson Resources will be saved on Teams Complete coursework for Mr Wickens' on OneDrive
16 th November	Benefits of macronutrients to participation in sport or activity: <u>Fats:</u> <ul style="list-style-type: none"> Role of unsaturated fats as the second energy source 	https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 Lesson Resources will be saved on Teams Complete coursework for Mr Wickens' on OneDrive



23 rd November	<p><u>Dehydration</u> – A harmful reduction in the amount of fluid in the body:</p> <ul style="list-style-type: none"> • Recommended daily intake (RDI) – two litres. • Increased intake: additional one litre of fluid per hour of exercise participation, in response to hot conditions 	<p>https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 Lesson Resources will be saved on Teams Complete coursework for Mr Wickens' on OneDrive</p>
30 th November	<p><u>Negatives of poor hydration</u>: poor fluid choices lead to dehydration, which is when the blood plasma volume reduces (gets thicker) and reduces the body's ability to sweat.</p> <p><u>Benefits of hydration for sport and activity</u>:</p> <ul style="list-style-type: none"> • Maintaining a normal body temperature (37 degrees) through sweating so that participants do not overheat when training or competing • lubrication for the joints so they can move more freely during sport and activity o blood plasma is thinner so it can work effectively and transport oxygen and nutrients to the muscles during sport and activity 	<p>https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 Lesson Resources will be saved on Teams Complete coursework for Mr Wickens' on OneDrive</p>
7 th December	<p>End of unit exam paper to complete on Teams. Answers will also be saved on Teams to allow for self marking.</p>	<p>https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 Exam paper will be uploaded onto Teams. Answers to self-mark questions will also be saved on Teams Complete coursework for Mr Wickens' on OneDrive</p>