



Home Learning during Self Isolation

Year 11 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/>

SENECA: Miss Hall & Mr Wickens Seneca Home Learning class code: <https://app.senecalearning.com/dashboard/join-class/rr0i5i5p4r>

Coursework: Accessible via Students Toot Hill School OneDrive

Passwords available from your GCSE PE Teacher

Week Beginning	Topic(s) taught in school	SENECA/GCSE POD's/Toot Hill APP
19 th October	Coursework: Movement Analysis Section	BBC Bitesize https://www.bbc.co.uk/bitesize/guides/zcptycw/revision/1
2 nd November	Coursework: Action Plan Section	BBC Bitesize https://www.bbc.co.uk/bitesize/guides/zcdkqty/revision/1
9 th November	Coursework: Action Plan/Risk Assessment	BBC Bitesize https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/1



16 th November	Coursework: Complete all sections for deadline (Friday 20 th November)	BBC Bitesize https://www.bbc.co.uk/bitesize/topics/z3v3ycw
23 rd November	Movement Analysis: Levers, Axis of Rotation and Planes of Movement	Toot Hill APP → Home → KUNCU → Physical Education → GCSE PE - > Unit 1: Anatomy and Physiology: - 1.1c1 Movement Analysis GCSE POD: Movement Analysis (3 PODS) https://members.gcsepod.com/shared/podcasts/title/12406/76405 SENECA Learning: 1.3 Movement Analysis
30 th November	Short Term and Long Term Effects of Exercise:	Toot Hill APP → Home → KUNCU → Physical Education → GCSE PE - > Unit 1: Anatomy and Physiology: - 1.1d.3 HR, SV and Q - 1.1d.7 BR, TV and MV - 1.1d.9 Aerobic and anaerobic - 1.1e.1 Long and Short Term GCSE POD: Effect of Exercise on the Body Systems (2 PODs) https://members.gcsepod.com/shared/podcasts/title/12485/76780 SENECA Learning: 1.5 Effects of Exercise



7 th December	Cardio-Respiratory System: The heart, double circulatory system, RBC's and Blood Vessels, respiratory pathway and muscles, alveoli and gas exchange	<p>Toot Hill APP → Home → KUNCU → Physical Education → GCSE PE -</p> <p>> Unit 1: Anatomy and Physiology:</p> <ul style="list-style-type: none">- 1.1d.1 Heart and RBC- 1.1d.2 Circulation- 1.1d.5 Respiration Pathway- 1.1d.6 Muscles in Breathing <p>GCSE POD: The Cardiovascular and Respiratory System (6 PODs)</p> <p>https://members.gcsepod.com/shared/podcasts/title/12404/76407</p> <p>SENECA Learning:</p> <p>1.4.1 – 1.4.4 Cardiovascular System</p>
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