

Keep up Catch up KS3/KS4/KS5

Year 7

PE	Practical and theory Term 1	<p>Physical challenges/activities to do at home https://www.youthsporttrust.org/free-home-learning-resources-secondary</p> <p align="center">Components of Fitness</p> <p>https://online.clickview.co.uk/libraries/categories/3708338/videos/3717556/essential-physical-fitness-what-every-teen-needs-to-know https://classroom.thenational.academy/units/games-activity-developing-fundamental-and-transferrable-skills-fbd4</p> <p>Use of knowledge bank on Teams- Football, Netball and Gymnastics And components of fitness</p>
	Term 2	<p>Develop your knowledge further https://www.bbc.co.uk/teach/ks3-physical-education/zrqp4 https://classroom.thenational.academy/units/health-related-exercise-activity-components-of-fitness-157d</p> <p>Test your knowledge of components of fitness https://wordwall.net/resource/170919/pe/components-fit</p>

PE	<p>Term 3</p> <p>10 minute work outs you can complete indoors</p> <p>Term 4 Components of fitness</p>	<p>Which sport are you made for? Take the 60-second test https://www.nhs.uk/live-well/exercise/get-active-your-way/</p> <p>https://www.bbc.co.uk/news/uk-28062001</p> <p>https://www.nhs.uk/live-well/exercise/10-minute-workouts/</p> <p>https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p> <p>Read this article and develop your knowledge of components of fitness https://www.verywellfit.com/the-components-of-fitness-4154074htt https://classroom.thenational.academy/units/health-related-exercise-activity-components-of-fitness-157d</p> <p>Use of knowledge bank on Teams – Rugby, Hockey and Health Related Fitness And components of fitness</p>
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Year 8

PE	Practical and theory Term 1	<p>Physical challenges/activities to do at home https://www.sportengland.org/jointhemovement?section=get-active-at-home</p> <p>Components of fitness and Training methods https://classroom.thenational.academy/units/health-related-exercise-activity-components-of-fitness-157d https://www.brainscape.com/flashcards/components-of-fitness-5798746/packs/8833692 https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/2</p> <p>Use of knowledge bank on Teams – Rugby, Hockey and Health Related Fitness and Training methods linked to components of fitness</p>
	Term 2	<p>https://quizlet.com/gb/257657084/components-of-fitness-flash-cards/ https://online.clickview.co.uk/libraries/categories/3708338/videos/3717556/essential-physical-fitness-what-every-teen-needstoknow https://wordwall.net/resource/5641185/methods-of-training</p>

PE	<p>Term 3</p> <p>Which sport are you made for? Take the 60-second test</p> <p>10 minute work outs you can complete indoors</p> <p>Term 4</p> <p>Components of fitness and FITT principle</p>	<p>https://www.nhs.uk/live-well/exercise/get-active-your-way/ https://www.bbc.co.uk/news/uk-28062001 https://www.nhs.uk/live-well/exercise/10-minute-workouts/ https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/ https://wordwall.net/resource/170919/pe/components-of-fit</p> <p>Read this article and develop your knowledge of components of fitness https://www.verywellfit.com/the-components-of-fitness-4154074 https://wordwall.net/resource/42858/pe/btec-quiz-revision-pictures https://www.youtube.com/watch?v=mUKXGJFGChY</p> <p>Use of knowledge bank on Teams – Netball, handball and football and Training methods linked to components of fitness</p>
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Year 9

PE	Practical and Theory Term 1	<p>Physical challenges/activities to do at home https://www.sportengland.org/jointhemovement?section=get_active_at_home</p> <p>Fitness and Testing. Components of fitness</p> <p>https://www.bbc.co.uk/teach/how-can-i-sprint-faster/zv2fmfr https://classroom.thenational.academy/units/health-related-exercise-activity-components-of-fitness-157d https://wordwall.net/resource/170919/pe/components-fit</p>
	Term 2	<p>https://wordwall.net/resource/42858/pe/btec-quiz-revision-pictures https://www.brainscape.com/flashcards/components-of-fitness-5798746/packs/8833692 https://quizlet.com/gb/257657084/components-of-fitness-flash-cards/ https://www.bbc.co.uk/bitesize/guides/zw7wmnb/revision/3 https://wordwall.net/resource/28001128/btec-components-of-fitness</p> <p>Use of knowledge bank on Teams – Football, Handball/Benchball and Health Related Fitness or OAA and fitness tests linked to components of fitness</p>

PE	Term 3 Which sport are you made for? Take our 60-second test Continue to develop your knowledge of the components of fitness and testing .	<p>https://www.bbc.co.uk/news/uk-2806200 https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/ https://www.nhs.uk/live-well/exercise/10-minute-workouts/ https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2</p>
	Term 4 Fitness testing and intensity	<p>https://classroom.thenational.academy/units/health-related-exercise-activity-personalised-fitness-05d1 https://www.bbc.co.uk/bitesize/guides/zxhxnk/revision/1</p> <p>Use of knowledge bank on Teams – Netball, Rugby, Basketball or Badminton and Training methods linked to components of fitness</p>

Year 10 Core PE

PE	Practical and theory	<p>Physical challenges/activities to do at home https://www.sportengland.org/jointhemovement?section=get_active_at_home</p> <p>Fitness and Testing. Components of fitness</p> <p>https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks4--gcse-high-intensity-impact-training/z69dpg8 https://wordwall.net/resource/170919/pe/components-fit https://wordwall.net/resource/42858/pe/btec-quiz-revision-pictures https://www.brainscape.com/flashcards/components-of-fitness-5798746/packs/8833692 https://quizlet.com/gb/257657084/components-of-fitness-flash-cards/</p>
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Year 10 Sport

Sport	<p>Term 1 Unit 1:</p> <p>Term 2</p>	<p>https://classroom.thenational.academy/units/health-related-exercise-activity-components-of-fitness-157d https://wordwall.net/resource/170919/pe/components-fit</p> <p>Revision Unit 1 - Fitness for Sport and Exercise</p> <p>See all revision/retrieval work in class Teams area</p> <p>https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks4--gcse-high-intensity-impact-training/z69dpg8 https://www.brainscape.com/flashcards/components-of-fitness-5798746/packs/8833692 https://wordwall.net/resource/170919/pe/components-fit https://wordwall.net/resource/42858/pe/btec-quiz-revision-pictures https://app.memrise.com/course/707040/edexcel-gcse-pe-glossary/1/ https://www.bbc.co.uk/bitesize/guides/zxhxbnk/revision/1</p> <p>Checklist of what you need to revise file:///ga-fp-01.edu.atgfl.net/Staff-Homes\$/acn07/Downloads/btec-sport-plc.pdf</p>
	Term 3: Unit 2	Practical unit.

	Term 4:	Practical unit.
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Year 11 Core PE

PE	PE dept. 'Get Moving' Campaign	<p>Physical challenges/activities to do at home https://www.sportengland.org/jointhemovement?section=get_active_at_home</p> <p>Fitness and Testing. Components of fitness https://wordwall.net/resource/170919/pe/components-fit https://wordwall.net/resource/42858/pe/btec-quiz-revision-pictures https://www.brainscape.com/flashcards/components-of-fitness-5798746/packs/8833692 https://quizlet.com/gb/257657084/components-of-fitness-flash-cards/</p>
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PE		<p>Physical challenges/activities to do at home https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/ https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/ https://www.sportengland.org/jointhemovement?section=get_active_at_home</p> <p>Fitness and Testing. Components of fitness https://wordwall.net/resource/170919/pe/components-fit https://wordwall.net/resource/42858/pe/btec-quiz-revision-pictures https://www.brainscape.com/flashcards/components-of-fitness-5798746/packs/8833692 https://quizlet.com/gb/257657084/components-of-fitness-flash-cards/</p>
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Year 11 Sport

Sport	Term 1 & 2 Unit 3: Mind and Sports performance from page 89-90	<p><u>Retrieval of personality in Sport</u></p> <p>Make sure all quizzes are complete on Teams in assignments</p> <p>https://howtheyplay.com/misc/Personalitypsychology https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936603_BTECFIRST_CEC_L12_SPORT_Iss3.pdf</p> <p>See Personality checklist on Teams.</p> <p><u>Revision Unit 1 - Fitness for Sport and Exercise</u></p> <p>See all revision/retrieval work in class teams area</p> <p>https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks4--gcse-high-intensity-impact-training/z69dpg8 https://www.brainscape.com/flashcards/components-of-fitness-5798746/packs/8833692 https://wordwall.net/resource/170919/pe/components-fit https://wordwall.net/resource/42858/pe/btec-quiz-revision-pictures https://app.memrise.com/course/707040/edexcel-gcse-pe-glossary/1/ https://www.bbc.co.uk/bitesize/guides/zxhxbk/revision/1</p> <p><u>Checklist of what you need to revise</u></p> <p>file://ga-fp-01.edu.atgfl.net/Staff-Homes\$/acn07/Downloads/btec-sport-plc.pdf</p>
	Term 3 and 4:	<p><u>Unit 3: Fitness training program</u></p> <p>Use the powerpoint on Teams to design your own fitness training program. It must include all the key factors within the powerpoint. These must be explained in your own words.</p> <p>Design a training programme https://www.youtube.com/watch?v=VYMjsyNrljo HOW TO DESIGN A TRAINING PROGRAM - Strength Training – YouTube HOW TO DESIGN A TRAINING PROGRAM - Aerobic Endurance Training – YouTube HOW TO DESIGN A TRAINING PROGRAM - Speed Training - YouTube</p> <p>https://www.active.com/fitness/articles/how-to-set-s-m-a-r-t-goals https://www.bbc.co.uk/bitesize/guides/zxhxbk/revision/1 https://www.bbc.co.uk/bitesize/guides/zchxbk/revision/2</p>

Year 12/13

Sport	Term 1 and 2 Units 2 and 1	<p>Revise both units</p> <p>Unit 2 https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/Sample-assessment-material-Unit-2-Fitness-Training-and-Programming-for-Health-Sport-and-Well-Being.pdf https://getrevising.co.uk/diagrams/unit-2-fitness-training-and-programming-for</p> <p>Unit 1 Revise Unit 1: Anatomy and Physiology for January exam Planet PE series https://www.youtube.com/channel/UCZYCR8YjZlb5S3DMZW3u7g</p> <p>Skeletal system https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/2 https://wordwall.net/resource/2861701/pe/skeletal-system-key-words</p> <p>Muscular system https://www.youtube.com/watch?v=YPVnIPeZKT0</p> <p>Muscle Fibres and Types https://www.youtube.com/watch?v=Qjib4yyC0vU</p> <p>Responses of the muscular system to exercise https://www.youtube.com/watch?v=XBpcerwEYwk</p> <p>Joints https://www.youtube.com/watch?v=eSAqwZtTWhI</p> <p>Circulatory system https://revisionworld.com/gcse-revision/pe-physical-education/anatomy-and-physiology/circulatory-system-heart</p> <p>Respiratory system https://revisionworld.com/gcse-revision/pe-physical-education/anatomy-and-physiology/respiratory-system https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks4--gcse-the-effect-of-altitude-on-the-body/z4tyd6f</p>
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