

Rokeby Remote working for students

Week beginning 30/3/2020 Subject: Physical Education

<p>Year group</p>	<p>Details of work to be completed Learning platform eg Seneca, Bedrock, mymaths, GCSEpod etc Work differentiated by set/tier of entry as appropriate</p>
<p>7</p>	<ul style="list-style-type: none"> • Basic anatomy and physiology to be set on SMHW. • Carry out daily Joes Wicks, the Body Coach, 30 min workouts https://www.youtube.com/user/thebodycoach1 • Toilet roll challenges: https://www.instagram.com/p/B99q--Npty6/?hl=en
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<p>9</p>	<ul style="list-style-type: none"> • Year 9 GCSE PE muscles and movement at joints (4 hours); • OCR exam questions set on SMHW.
<p>10</p>	<ul style="list-style-type: none"> • Year 10 BTEC Sport: submit and re-submit Unit 2 assignments via SMHW; • Year 10 GCSE revision of topics taught this year. Students can study aerobic and anaerobic exercise (Google Classroom); • Year 10 Leadership: basketball 'Activators' can read selected activities and drills, skills coaching points and the student manual in advance of future lessons. All 'Activators' have resources with them.
<p>11</p>	<ul style="list-style-type: none"> • Year 11 BTEC Sport: opportunity to re-submit assignments, complete new assignments including Unit 3, assignment 4; • Year 11 GCSE PE: preparation for the practical moderation (04/05/20) – this will depend on public facilities available and access to these; completion of AEP coursework.