

## Rokeby Remote working for students

**Week beginning 06/04/2020 Subject: Physical Education**

Work for the equivalent teaching time in a week e.g. 2 hours for Physical Education

| Year group | Details of work to be completed   |
|------------|---|
|            | Learning platform eg Seneca, Bedrock, mymaths, GCSEpod etc<br>Work differentiated by set/tier of entry as appropriate   |
| 7          | <ul style="list-style-type: none"> <li>• Carry out daily Joes Wicks, the Body Coach, 30 min workouts <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></li> <li>• Sports quizzes via SMH e.g. tennis and table tennis</li> <li>• HIIT exercises to complete at home</li> </ul>  |
| 8          | <ul style="list-style-type: none"> <li>• Carry out daily Joes Wicks, the Body Coach, 30 min workouts <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></li> <li>• Sports quizzes via SMH e.g. tennis and table tennis</li> <li>• HIIT exercises to complete at home</li> </ul>  |
| 9          | <ul style="list-style-type: none"> <li>• Principles of training and FITT Principle (4 hours);</li> <li>• OCR exam questions set on SMH.</li> </ul>  |
| 10         | <ul style="list-style-type: none"> <li>• Year 10 BTEC Sport: submit Unit 2 assignment 3 via SMH (MP);</li> <li>• Year 10 BTEC Sport: submit Unit 4 assignments via SMH (IV);</li> <li>• Year 10 BTEC Sport: submit work for Units 1 &amp; 3 via Google Classroom (JD);</li> <li>• Year 10 GCSE complete revision of paper 01 topics taught this year via Google Classroom (EH &amp; KB);</li> <li>• Year 10 Leadership: basketball 'Activators' to prepare and plan for lesson 2. All 'Activators' have resources with them. Complete High Intensity Interval Training activity – fitness for basketball</li> </ul> |
| 11         | <ul style="list-style-type: none"> <li>• Year 11 BTEC Sport: opportunity to re-submit assignments, complete new assignments including Unit 3, assignment 4;</li> <li>• Year 11 GCSE PE: completion of AEP coursework.</li> </ul>  |