

# Rokeby Remote working for students

## Week 10 Subject: Physical Education

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

<b>Year group</b>	<b>Details of work to be completed</b> Learning platform e.g. Seneca, Bedrock, mymaths, GCSEpod etc Work differentiated by set/tier of entry as appropriate
7	<ul style="list-style-type: none"><li>• Carry out Darebee fitness challenges e.g. abs of steel: <a href="https://darebee.com/challenges.html">https://darebee.com/challenges.html</a></li><li>• SMH sports quizzes e.g. table tennis</li><li>• Home Court basketball app: <a href="https://www.homecourt.ai/">https://www.homecourt.ai/</a></li></ul>
8	<ul style="list-style-type: none"><li>• Carry out Darebee fitness challenges e.g. abs of steel: <a href="https://darebee.com/challenges.html">https://darebee.com/challenges.html</a></li><li>• SMH sports quizzes e.g. table tennis</li><li>• Home Court basketball app: <a href="https://www.homecourt.ai/">https://www.homecourt.ai/</a></li></ul>
9	<ul style="list-style-type: none"><li>• Year 9 GCSE PE – optimising training;</li><li>• Year 9 BTEC Sport: Unit 2, assignment 1.</li></ul>
10	<ul style="list-style-type: none"><li>• Year 10 BTEC Sport: Unit 5 introduction</li><li>• Year 10 GCSE AEP coursework: task 4 (Google Classroom);</li><li>• Year 10 Leadership: basketball ‘Activators’: Home Court basketball app: <a href="https://www.homecourt.ai/">https://www.homecourt.ai/</a></li></ul>