

Rokeby Remote working for students

Week 8 11/05/2020 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
7	<ul style="list-style-type: none"> • 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"> • Carry out daily Joes Wicks, the Body Coach, 30 min workouts https://www.youtube.com/user/thebodycoach1 • SMH sports quizzes e.g. basketball • Home Court basketball app: https://www.homecourt.ai/
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9	<ul style="list-style-type: none"> • Year 9 GCSE PE – Principles of training and the FIIT principle continued (2 hours) and OCR exam questions set on SMH; circuit training applying the Principles of training and FITT principle; • Year 9 BTEC Sport: Unit 2, assignment 1.
10	<ul style="list-style-type: none"> • Year 10 BTEC Sport: submit Unit 2, assignment 3 (continued); • Year 10 GCSE AEP coursework: evaluation of fitness components (Google Classroom); • Year 10 Leadership: basketball 'Activators': Home Court basketball app: https://www.homecourt.ai/
11	<ul style="list-style-type: none"> • Year 11 BTEC Sport: to complete Unit 5, assignment 2; • Home Court basketball app: https://www.homecourt.ai/