

## Rokeby Remote working for students

**Week beginning 18/05/2020 Subject: Physical Education**

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

Year group	<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 challenges e.g. 2 minute plank: <a href="https://darebee.com/workouts/two-minute-plank-workout.html">https://darebee.com/workouts/two-minute-plank-workout.html</a></li> <li>• SMH sports quizzes e.g. basketball</li> <li>• Home Court basketball app: <a href="https://www.homecourt.ai/">https://www.homecourt.ai/</a></li> </ul>
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9	<ul style="list-style-type: none"> <li>• Year 9 GCSE PE – Circuit training applying the Principles of training and FITT principle;</li> <li>• Year 9 BTEC Sport: Unit 2, assignment 1.</li> </ul>
10	<ul style="list-style-type: none"> <li>• Year 10 BTEC Sport: submit Unit 2, assignment 3 (continued);</li> <li>• Year 10 GCSE AEP coursework: evaluation of strengths and weaknesses (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>
11	<ul style="list-style-type: none"> <li>• Year 11 BTEC Sport: to complete Unit 5, assignment 2;</li> <li>• Home Court basketball app: <a href="https://www.homecourt.ai/">https://www.homecourt.ai/</a></li> </ul>