

Rokeby Remote working for students

Week 16 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 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 Darebee fitness challenges e.g. lower body and endurance challenges: https://darebee.com/challenges/wall-sit-challenge.html & https://darebee.com/challenges/endurance-challenge.html• SMH sports quizzes e.g. basketball
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9	<ul style="list-style-type: none">• Year 9 GCSE PE – effects of exercise on the respiratory systems (short-term);• Year 9 BTEC Sport: Unit 2 tasks
10	<ul style="list-style-type: none">• Year 10 BTEC Sport: Unit 3 tasks (assignments 1&2);• Year 10 GCSE AEP coursework: Task 7 – skill continuum;• Year 10 Leadership: basketball ‘Activators’: Home Court basketball app: https://www.homecourt.ai/