

Physical Education

Remote Learning

These guidelines are for core PE lessons only – Year 7, 8, 9 and 10. Level 2 and Level 3 Btec Sport students should refer to the Btec Sport home learning plans for their lessons.

Home learning lesson cards

A home learning document can be found for the learning undertaken each week. The home learning document is a lesson plan which includes explanation, activities and video clips to demonstrate. Students should use these plans to participate at home where they will undertake the same learning as they would experience at school. Students in Year 7, 8 and 9 should spend 2 hours a week on these tasks. Year 10 should spend 1 hour per week.

Knowledge Organisers

Each topic listed below is also supported by our knowledge organisers which may be found on the school website:

<http://dustonschool.ng2.devwebsite.co.uk/page/?title=Knowledge+Organisers&pid=130>

These provide knowledge about the topic and further learning activities.

Unit 1 - 7.9.20 until 18.9.20

Year	Unit Title	Description	Week	Big Question
7, 8, 9 and 10	Cross Country running	This is a two week topic. In this topic we will be knowledge about health and fitness as well as taking on the challenge of improving our running.	1	Running technique. BQ. What is the best technique for cross country running?
			2	Pacing yourself. BQ. How fast should I run in a cross country race?

Unit 2 – 21.9.20 until 13.11.20

Year	Unit Title	Description	Week	Big question
7	Health and Fitness	This is a 6 week topic. It focuses on the responses of the body to exercise. We will consider how to warm up effectively, different types of physical activity and how to train to improve our fitness.	1	What are the immediate effects that running (exercise) have on the body?
			2	Why do we need to prepare the body at the start and end of exercise?
			3	What is the difference between aerobic and anaerobic activity?
			4	How do we train our aerobic system?
			5	What are the key elements of an effective training session?
			6	How can you measure for fitness?
8	Health and Fitness	This is a 6 week topic. We will build on our learning from Yr 7 by fine	1	Why do we need fitness testing?
			2	How do we safely complete a training session?

		tuning our understanding of aerobic and anaerobic training. We will learn to design and safe and effective training session.	3	What are the main differences between the aerobic and anaerobic systems?
			4	What are the main types of anaerobic training?
			5	How can fitness training be made specific to a sport/activity?
			6	How can we design our own fitness training session?
9	Health and Fitness	This is a six week topic. We begin by exploring fitness testing in greater depth. We learn to use circuit training effectively and then analyse and apply the different types of fitness. We learn to use training principles to plan an effective training session.	1	Why do we need fitness testing?
			2	How do we test fitness accurately?
			3	How can circuit training be adapted to every athlete and sport?
			4	What are the components of fitness?
			5	What is progressive overload and how can used?
			6	What makes a fitness programme personal?
10	Health and Fitness	This is a six week topic. Students will use group dynamics to support each other in fitness training. They will use set exercises to work on individualised fitness goals. They will use training principles to review and refine their training.	1	Why is it important to establish a baseline level of fitness?
			2	How do you know if the training you are doing is effective and improving your fitness level?
			3	How does your individual fitness needs change the exercise and exercise programme you are completing?
			4	What is core stability and how does this help your performance in sport?
			5	How can you use progressive overload over a training programme?
			6	Have our levels of fitness improved through training?