

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 will be advised by their teacher of work that needs to be completed during absence or a potential local lockdown.

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.

Year	Dates	Topic	Description
7	7.9.20 - 18.9.20	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. Home learning lesson 1 – Running technique. 2. Home learning lesson 2 – Pacing yourself.
8	7.9.20 - 18.9.20	Cross Country running	This is a two week topic. In this topic we will be revising and developing knowledge about health and fitness as well as taking on the challenge of improving our running. 3. Home learning lesson 1 – Running technique. 4. Home learning lesson 2 – Pacing yourself.
9	7.9.20 - 18.9.20	Cross Country running	This is a two week topic. In this topic we will be revising and developing knowledge about health and fitness as well as taking on the challenge of improving our running. 5. Home learning lesson 1 – Running technique. 6. Home learning lesson 2 – Pacing yourself.
10	7.9.20 - 18.9.20	Cross Country running	This is a two week topic. In this topic we will be revising and developing knowledge about health and fitness as well as taking on the challenge of improving our running. 7. Home learning lesson 1 – Running technique. 8. Home learning lesson 2 – Pacing yourself.