

## Working from home Independent Learning tasks Spring term 2 2022.

Subject: **PE**

Year group and current topic	Sites for learning tasks (and instructions, if needed)
7  topic	<p>Please stay active when isolating and follow government guidelines. There are plenty of Joe Wicks workouts if you are struggling for ideas.</p> <p>Joe Wicks hit <a href="https://www.youtube.com/watch?v=8ortypveAL0">https://www.youtube.com/watch?v=8ortypveAL0</a> Walk/run/cycle Circuit training <a href="https://www.youtube.com/watch?v=UgrDp-O-nkU">https://www.youtube.com/watch?v=UgrDp-O-nkU</a> Warm up and cool down.</p> <p>All students should now be able to carry out a Warm up. Please carry out your own warm up at home or attempt to lead a member of your household. Consider all the main muscles and how to stretch them.</p>
8  topic	<p><a href="https://bidefordcollege.org/wp-content/uploads/2020/12/Assessment-Matrix-Ks3-PE.pdf">https://bidefordcollege.org/wp-content/uploads/2020/12/Assessment-Matrix-Ks3-PE.pdf</a></p> <p>This above link is on the College website. Please write to your PE teacher what grade you think you are currently working at and what grade you hope to get by the end of the year.</p> <p>Please also make one target that will help you get to the next grade.</p> <p>Please stay active when isolating and follow government guidelines. There are plenty of Joe Wicks workouts if you are struggling for ideas.</p> <p>Joe Wicks hit <a href="https://www.youtube.com/watch?v=8ortypveAL0">https://www.youtube.com/watch?v=8ortypveAL0</a> Walk/run/cycle Circuit training <a href="https://www.youtube.com/watch?v=UgrDp-O-nkU">https://www.youtube.com/watch?v=UgrDp-O-nkU</a> Warm up and cool down.</p>
9	<p><a href="https://bidefordcollege.org/wp-content/uploads/2020/12/Assessment-Matrix-Ks3-PE.pdf">https://bidefordcollege.org/wp-content/uploads/2020/12/Assessment-Matrix-Ks3-PE.pdf</a></p>

<p>topic</p>	<p>This above link is on the College website. Please write to your PE teacher what grade you think you are currently working at and what grade you hope to get by the end of the year.</p> <p>Please also make one target that will help you get to the next grade.</p> <p>All students should now be able to carry out a Warm up. Please carry out your own warm up at home or attempt to lead a member of your household. Consider all the main muscles and how to stretch them.</p>
<p>10 topic</p>	<p>Overall aim in PE is to stay physically and mentally active. Please choose from the following activities (following government guidelines):</p> <p>Joe Wicks hit <a href="https://www.youtube.com/watch?v=8ortypveAL0">https://www.youtube.com/watch?v=8ortypveAL0</a> Walk/run/cycle Circuit training <a href="https://www.youtube.com/watch?v=UgrDp-O-nkU">https://www.youtube.com/watch?v=UgrDp-O-nkU</a> Warm up and cool down.</p> <p>See class charts and Google Classroom for BTEC independent learning. This is set weekly by your teachers and will depend upon the topic you are on at the time. You have just handed in Assignment 1. Please respond to any feedback given by your teacher; this will help with your second submission.</p> <p>We are now working on Assignment 2.2. See class charts and Google Classroom for BTEC independent learning.</p>
<p>11 topic</p>	<p>See class charts and Google Classroom for BTEC independent learning. This is set weekly by your teachers and will depend upon the topic you are on at the time. Both BTEC classes will be completing Unit 3- Applying the Principles of Personal training. Continue planning and completing your training diary.</p>
<p>12 topic</p>	<p><b>Btec Sport Unit 7 Practical Sport</b> - Assignment 2 Learning aim C - Create your badminton and rounders practical evidence movies and upload onto google classroom.</p> <p><b>Btec Sport Unit 1: Anatomy and Physiology</b> All notes, resources, worksheets and questions are on Google classroom: <a href="https://classroom.google.com/u/0/c/Mzg4OTc5NDU2NjQx">https://classroom.google.com/u/0/c/Mzg4OTc5NDU2NjQx</a></p> <p>We are revising for your resit in the summer</p>

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topic

**Unit 3:** to continue with your coursework assignment. Independent tasks on google classroom every lesson.

<https://classroom.google.com/u/0/c/Mzg4NzI0NDU4NTA4>

Unit 2: You could revise before the results but after 24th you will know which questions, notes and areas you need to improve on for the MAY resit.

NB If you are 'stuck' on a task, please email your subject teacher (all email addresses are on the college website [here](#))