

Remote Learning Contingency Plan – 2020-21



P.E. – Term 4

Year: 11 Subject: CNAT SPORT				
WHAT?	HOW?			HOW WELL?
Curriculum Content/LO	In the event of a localised lockdown	In the event of a bubble being unable to attend school	In the event of individual students who are shielding	Assessment
<p><u>Sport Science Unit R044: Sports psychology</u></p> <p>Learning outcome 3: Know how aggression can affect sports performance</p> <p>Learning Outcome 4: Understand the impact of arousal and anxiety on sports performance</p> <p>Learning outcome 5: Be able to apply sport psychology strategies to enhance sports performance</p>	<p>Live lessons if students have access to teams at the time of a timetabled lesson.</p> <p>Narrated PowerPoints where the use of live lessons is not viable or where students can't access.</p> <p>Those students that can should submit work through Teams. This way it can act as a 'live' document and feedback can be regularly be given and improvements made</p> <p>Regular retrieval activities and low stakes quizzing to reinforce key knowledge.</p>	<p>48-hour emergency work to be sent home as soon as individual finds themselves at home and able to work. This will be triggered by a PL or FL as per the 'Individual Self-Isolation Process'.</p> <p>Work to be added to Teams and Class charts at designated times by class teacher, with all resources attached.</p> <p>Narrated PowerPoints to assist with learning and explanations of what is expected.</p> <p>Weekly live lessons/slots where students can access instant answers to questions and receive feedback on work that has been completed.</p> <p>Those students that can should submit work through Teams. This way it can act as a 'live' document and feedback can be regularly be given and improvements made.</p>	<p>A regular Teams Form will be completed to assess student learning on exam unit.</p> <p>Or paper assessment if required.</p> <p>Students written work can also be assessed and feedback given if it has been submitted through Teams</p>	

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<p>Year: 10</p> <p>Subject: CNAT SPORT</p>				
WHAT?	HOW?			HOW WELL?
Curriculum Content/LO	In the event of a localised lockdown	In the event of a bubble being unable to attend school	In the event of individual students who are shielding	Assessment
<p><u>Sport Science Unit R041: Reducing the risk of sports injuries</u></p> <p>Learning Outcome 1: Understand different factors which influence the risk of injury</p> <p>Learning Outcome 2: Understand how appropriate warm up and cool down routines can help to prevent injury</p> <p>Learning Outcome 3: Know how to respond to injuries within a sporting context</p> <p>Learning Outcome 4: Know how to respond to common medical conditions</p>	<p>Live lessons if students have access to teams at the time of a timetabled lesson.</p> <p>Narrated PowerPoints where the use of live lessons is not viable or where students can't access.</p> <p>Those students that can should submit work through Teams. This way it can act as a 'live' document and feedback can be regularly be given and improvements made</p>	<p>48-hour emergency work to be sent home as soon as individual finds themselves at home and able to work. This will be triggered by a PL or FL as per the 'Individual Self-Isolation Process'.</p> <p>Work to be added to Teams and Class charts at designated times by class teacher, with all resources attached.</p> <p>Narrated PowerPoints to assist with learning and explanations of what is expected.</p> <p>Weekly live lessons/slots where students can access instant answers to questions and receive feedback on work that has been completed.</p> <p>Those students that can should submit work through Teams. This way it can act as a 'live' document and feedback can be regularly be given and improvements made</p>	<p>A weekly Teams Form will be completed to assess student learning.</p> <p>Or paper assessment if required.</p> <p>Students written work can also be assessed and feedback given if it as been submitted through Teams.</p>	

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P.E. – Term 4

Year: 9				
Subject: CORE PE				
WHAT?	HOW?			HOW WELL?
Curriculum Content/LO	In the event of a localised lockdown	In the event of a bubble being unable to attend school	In the event of individual students who are shielding	Assessment
<p>Sports injuries and prevention</p> <ul style="list-style-type: none"> -Types of injuries -Treatment of injuries <p>Planning and evaluating training programmes.</p> <p>Developing home workout routines</p>	<p>Live lessons if students have access to teams at the time of a timetabled lesson.</p> <p>Narrated PowerPoints where the use of live lessons is not viable or where students can't access.</p> <p>Exercise from home workouts provided or students directed to relevant internet content.</p>	<p>48-hour emergency work to be sent home as soon as individual finds themselves at home and able to work. This will be triggered by a PL or FL as per the 'Individual Self-Isolation Process'.</p> <p>Work to be added to Teams and Class charts at designated times by class teacher.</p> <p>Narrated PowerPoints to assist with learning and explanations of what is expected.</p> <p>Weekly live lessons/slots where students can access instant answers to questions and receive feedback on work that has been completed.</p>		<p>A weekly Teams Form will be completed to assess student learning.</p> <p>Or paper assessment if required.</p> <p>Students will also be asked to share any practical activities they have undertaken in that week</p>

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P.E. – Term 4

Year: 8				
Subject: CORE PE				
WHAT?	HOW?			HOW WELL?
Curriculum Content/LO	In the event of a localised lockdown	In the event of a bubble being unable to attend school	In the event of individual students who are shielding	Assessment
<p>Diet and exercise</p> <p>What is a healthy diet?</p> <p>What are the negative effects of not having a balanced diet?</p> <p>Rules and tactics of Handball</p> <p>Developing home workout routines</p>	<p>Live lessons if students have access to teams at the time of a timetabled lesson.</p> <p>Narrated PowerPoints where the use of live lessons is not viable or where students can't access.</p> <p>Use of student's homework booklet in the event no other options are viable.</p> <p>Exercise from home workouts provided or students directed to relevant internet content</p>	<p>48-hour emergency work to be sent home as soon as individual finds themselves at home and able to work. This will be triggered by a PL or FL as per the 'Individual Self-Isolation Process'.</p> <p>Work to be added to Teams and Class charts at designated times by class teacher.</p> <p>Narrated PowerPoints to assist with learning and explanations of what is expected.</p> <p>Weekly live lessons/slots where students can access instant answers to questions and receive feedback on work that has been completed.</p>	<p>A weekly Teams Form will be completed to assess student learning.</p> <p>Or paper assessment if required.</p> <p>Students will also be asked to share any practical activities they have undertaken in that week</p>	

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P.E. – Term 4

Year: 7				
Subject: CORE PE				
WHAT?	HOW?			HOW WELL?
Curriculum Content/LO	In the event of a localised lockdown	In the event of a bubble being unable to attend school	In the event of individual students who are shielding	Assessment
<p>The cardiovascular system</p> <ul style="list-style-type: none"> -Heart -Blood/vessels <p>The pulmonary system</p> <ul style="list-style-type: none"> -Lungs <p>Rules of Handball</p> <p>Developing home workout routines</p>	<p>Live lessons if students have access to teams at the time of a timetabled lesson.</p> <p>Narrated PowerPoints where the use of live lessons is not viable or where students can't access.</p> <p>Use of student's homework booklet in the event no other options are viable.</p> <p>Exercise from home workouts provided or students directed to relevant internet content</p>	<p>48-hour emergency work to be sent home as soon as individual finds themselves at home and able to work. This will be triggered by a PL or FL as per the 'Individual Self-Isolation Process'.</p> <p>Work to be added to Teams and Class charts at designated times by class teacher.</p> <p>Narrated PowerPoints to assist with learning and explanations of what is expected.</p> <p>Weekly live lessons/slots where students can access instant answers to questions and receive feedback on work that has been completed.</p>	<p>A weekly Teams Form will be completed to assess student learning.</p> <p>Or paper assessment if required.</p> <p>Students will also be asked to share any practical activities they have undertaken in that week</p>	