

P.E. – Term 1

Term: 1 Year: 11

WHAT?	HOW?			HOW WELL? Assessment	
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		
Sport Science Unit R042: Applying principles of training	Live lessons if students have access to teams at the time of a timetabled lesson.	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		A regular Teams Form will be completed to assess student learning on	
Learning Outcome 4: Be able to develop fitness training programmes	Narrated PowerPoints where the use of live lessons is not viable or where	PL or FL as per the 'Indi Process'. Work to be added to Te at designated times by	eams and Class charts	exam unit. Or paper assessment if	
Sport Science Unit R041: Reducing the risk of sports injuries Learning Outcome 4: Know how to respond to	students can't access. Those students that can should submit work through Teams.	resources attached. Narrated PowerPoints to assist with learning and explanations of what is expected.		required. Students written work can also be assessed and feedback given if it	
common medical conditions	This way it can act as a 'live' document and feedback can be regularly be given	Weekly live lessons/slo access instant answers receive feedback on wo completed.	to questions and	feedback given if it has been submitted through Teams	



made Regula activiti stakes	or retrieval ies and low quizzing to rce key	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. Regular retrieval activities and low stakes quizzing to reinforce key knowledge.	
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P.E. – Term 1

Term: 1
Year: 10
Subject: CNAT SPORT

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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	
Sport Science Unit R042: Applying principles of training	Live lessons if students have access to teams at the time of a timetabled	,	vork to be sent home	A weekly Teams Form will be	
Learning Outcome 1: Know the principles of	e principles of lesson. lesson. home an triggered	as soon as individual home and able to wo triggered by a PL or F	completed to assess student learning.		
training in a sporting context		,	ndividual Self-Isolation Process'.		
LO2: Know how training methods target different fitness components	where students can't access.	Work to be added to charts at designated teacher, with all reso	times by class	required. Students written	
	Those students that can should submit work through Teams. This way it can act as a 'live'	Narrated PowerPoints to assist with learning and explanations of what is expected.		work can also be assessed and feedback given if it as been submitted	
	document and feedback can be regularly be	Weekly live lessons/s can access instant an		through Teams.	



given and improvements made	and receive feedback on work that has been completed. 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.E. – Term 1

Term: 1

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
How to take part in sport safely Principles of training How to effectively recover after taking part in physical activity	Live lessons if students have access to teams at the time of a timetabled lesson. Narrated PowerPoints where the use of live lessons is not viable or where students can't access. Exercise from home workouts provided or students directed to relevant internet content.	individual finds themselved. This will be triggered by a Self-Isolation Process'. Work to be added to Tear designated times by class. Narrated PowerPoints to be explanations of what is explanations of what is explanations.	teacher. assist with learning and spected. where students can access ons and receive feedback on	A weekly Teams Form will be completed to assess student learning. Or paper assessment if required. Students will also be asked to share any practical activities they have undertaken in that week



P.E. – Term 1

Term: 1

Year: 8

Subject: CORE PE				
WHAT?	HOW?			HOW WELL? Assessment
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	
Types of muscle Muscle movements Injuries in sport Home HIIT training	Live lessons if students have access to teams at the time of a timetabled lesson. Narrated PowerPoints where the use of live lessons is not viable or where students can't access. Use of student's homework booklet in the event no other options are viable. Exercise from home workouts provided or students directed to	individual finds the will be triggered by Isolation Process'. Work to be added times by class teac Narrated PowerPoexplanations of whom Weekly live lessons	ints to assist with learning and part is expected. s/slots where students can access questions and receive feedback on work	A weekly Teams Form will be completed to assess student learning. Or paper assessment if required. Students will also be asked to share any practical activities they have



relevant internet	undertaken in
content	that week



Term: 1				
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
The purpose and benefit of a warmup and cool down The components of a warmup and a cool down The psychological benefits of a warmup and a cool down Home circuit training	Live lessons if students have access to teams at the time of a timetabled lesson. Narrated PowerPoints where the use of live lessons is not viable or where students can't access. Use of student's homework booklet in the event no other options are viable. Exercise from home workouts provided or students directed to	as individual finds work. This will be 'Individual Self-Is Work to be added designated times Narrated PowerP explanations of w Weekly live lesso access instant an	d to Teams and Class charts at by class teacher. oints to assist with learning and	A weekly Teams Form will be completed to assess student learning. Or paper assessment if required. Students will also be asked to share any practical activities they have



relevant internet	undertaken
content	in that week