

Remote Learning Contingency Plan – 2020-21

P.E. – Term 3

Term: 3 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>Sport Science Unit R044: Sports psychology</p> <p>Learning outcome 1: Understand the relationship between personality and sports performance</p> <ul style="list-style-type: none"> - definitions of personality - the links between personality and involvement and performance in sport - the trait approach - observed or social learning behavior <p>Learning Outcome 2: Know how motivation can affect sports performance</p> <ul style="list-style-type: none"> - motivation - achievement motivation 	<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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		Regular retrieval activities and low stakes quizzing to reinforce key knowledge.	
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Term: 3
Year: 10
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

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<p>Sport Science Unit R042: Applying principles of training</p> <p>Learning Outcome 4: Be able to develop fitness training programmes.</p> <ul style="list-style-type: none"> - design a fitness training programme - evaluate the effectiveness of the training programme 	<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>Term: 3</p> <p>Year: 9</p> <p>Subject: CORE PE</p>		
<p>WHAT?</p>	<p>HOW?</p>	<p>HOW WELL?</p>

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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 health</p> <p>The nutrients need for a healthy, balanced diet</p> <p>Understand the importance of nutrition in sport</p> <p>Home interval training</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>	

Term: 2

Year: 8

Subject: CORE PE

WHAT?	HOW?	HOW WELL?
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P.E. – Term 3

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>Recovery methods after exercise</p> <ul style="list-style-type: none"> -Cool downs -Manipulation of diet -Ice baths <p>Rules and tactics of table tennis</p> <p>Home plyometrics training</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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Term: 3 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
Heathy living -Body mass index -Heart rate -Blood pressure Components of fitness in a sporting context Skill based practice	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 relevant internet content	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'. Work to be added to Teams and Class charts at designated times by class teacher. Narrated PowerPoints to assist with learning and explanations of what is expected. Weekly live lessons/slots where students can access instant answers to questions and receive feedback on work that has been completed.	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	