

Remote Learning Contingency Plan – 2020-21

P.E. – Term 1

Term: 1 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 R042: Applying principles of training</p> <p>Learning Outcome 4: Be able to develop fitness training programmes</p> <p>Sport Science Unit R041: Reducing the risk of sports injuries</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</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>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>	

Remote Learning Contingency Plan – 2020-21



P.E. – Term 1

	<p>and improvements made</p> <p>Regular retrieval activities and low stakes quizzing to reinforce key knowledge.</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>	
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Remote Learning Contingency Plan – 2020-21



P.E. – Term 1

<p>Term: 1</p> <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>Sport Science Unit R042: Applying principles of training</p> <p>Learning Outcome 1: Know the principles of training in a sporting context</p> <p>LO2: Know how training methods target different fitness components</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</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</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>	

Remote Learning Contingency Plan – 2020-21



P.E. – Term 1

	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	
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Remote Learning Contingency Plan – 2020-21



P.E. – Term 1

<p>Term: 1</p> <p>Year: 9</p> <p>Subject: CORE PE</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>How to take part in sport safely</p> <p>Principles of training</p> <p>How to effectively recover after taking part in physical activity</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>

Remote Learning Contingency Plan – 2020-21



P.E. – Term 1

Term: 1 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>Types of muscle</p> <p>Muscle movements</p> <p>Injuries in sport</p> <p>Home HIIT 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</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</p>	

Remote Learning Contingency Plan – 2020-21



P.E. – Term 1

	relevant internet content		undertaken in that week

Remote Learning Contingency Plan – 2020-21



P.E. – Term 1

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
<p>The purpose and benefit of a warmup and cool down</p> <p>The components of a warmup and a cool down</p> <p>The psychological benefits of a warmup and a cool down</p> <p>Home circuit 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</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</p>	

Remote Learning Contingency Plan – 2020-21

P.E. – Term 1

	relevant internet content		undertaken in that week