

Physical Education – Remote Learning Plan Week beginning 18th Jan

Key Stage 3 and 4 -Core PE

Power point is on Show my homework

Y7	Y8	Y9	Y10	Y11
2x videos of your choosing	2x videos of your choosing	1x videos of your choosing	2x videos/ challenges of your choosing	All activities are optional
Take on the teacher	Take on the teacher	Take on the teacher	Take on the teacher	Take on the teacher
Circuit of the week	Circuit of the week	Circuit of the week		

Key Stage 4 – Sport Science

Year 9 – Sport Science

Tuesday P3 (11.30-12.25) – Online lesson and task with Miss Klays

Wednesday P4 (1-2pm) – Online lesson and task with Miss Klays

Thursday P1 (9.10-10.10) – Independent task/catch up notes from online lessons

Year 10 – Sport Science

Monday P4 (12.30-1.30) - Online lesson and task with Miss Klays

Thursday P2 (10.15-11.15) - Online lesson and task with Miss Klays

Friday P2 (10.15-11.15) – Independent task/catch up notes from the online lessons

Year 11 – Sport Science

Monday P3 (11.30-12.25) - Online lesson and task with Miss Klays and Mr Allman

Thursday P5 (2-3pm) - Online lesson and task with Miss Klays and Mr Allman

Friday P1 (9.15-10.15) – Independent task/catch up notes from the online lessons

Key Stage 4 – Health and Fitness

Year 10 – Health and Fitness

Monday P5 (2.00 – 3.00) - Online lesson and task with Mrs Dolan

Tuesday P4 (12.30 – 1.30) - Independent task/catch up notes from the online lessons

Wednesday P3 (11.30 – 12.30) - Online lesson and task with Mrs Dolan