



Home Access to Learning 2020-21

In the event that individual students are not attending school and are able to complete work, these are the **core topics** being covered by each subject each half term and the relevant links to learning materials to use.

Subject: Physical Education

Term	Core topic/s	Learning resources to access	Additional suggested tasks
Autumn 1	Introduction to PE. Introduction to games. Knowledge and understanding of key skills associated with games. Ball familiarity and co-ordination.	https://www.youtube.com/watch?v=dqcrsS9Uelc Football skills to do at home https://www.youtube.com/watch?v=v_mmKwZrD30 Netball skills to do at home	<ul style="list-style-type: none"> Design your own 'at home activity task'. Try to include skills that can be completed with minimal equipment and are related to your favourite game
Autumn 2	Warm ups! Introduction to the needs of a warm up. What is a warm up and why is it needed? <ul style="list-style-type: none"> Pulse Raiser Relative Stretching Session Activity related 	https://www.youtube.com/watch?v=EAnZLK3HNc8 https://www.nerdfitness.com/blog/warm-up/	<ul style="list-style-type: none"> Can you design your own warm up related to your chosen sport? Highlight key points such as time taken on each activity, specific muscles being used Ensure you know how to complete a warm up at the beginning of your lesson.
Spring 1	Fitness Understand the importance of keeping fit and how this can be done with minimal equipment whilst at home	https://www.unionrestaurant.com/4-reasons-why-fitness-is-important/ https://www.youtube.com/watch?v=5nZ2iBGvFhE Beginners circuit https://www.youtube.com/watch?v=iEsZITtRiWQ Intermediate circuit	<ul style="list-style-type: none"> Design your own at home circuit training – you can use any house based implements within your activities Ensure you know what muscles are being used within your circuit
Spring 2	Cultural Sports – See how different cultures develop sports	https://www.youtube.com/watch?v=MpB5dKLOXLk https://www.youtube.com/watch?v=KEk8xoPDrw0	<ul style="list-style-type: none"> Can you design your own sport – does it relate to the culture we live in? Find as many other sports as you can that are popular within different cultures. Could any of these be used at school



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Summer 1	Athletics Fun athletics challenges that you can do at home. Can you work out which athletics event they relate too	https://www.youtube.com/watch?v=tAF0UoPe8Ik&safe=active https://www.youtube.com/watch?v=SUG0c537kqo&safe=active https://www.youtube.com/watch?v=ZMUcaGITF5g&feature=youtu.be https://www.youtube.com/watch?v=-z6cY2PM11s&feature=youtu.be	<ul style="list-style-type: none">• Watch the documentaries.• Can you design your own athletics drills that could be completed in your own garden• Can you complete 1500m in your garden and time it• Video yourself completing the tasks.
Summer 2	Striking and Fielding Start to understand that fielding in sports like rounders and cricket require a selection of fielding skills. Develop catching and throwing skills focusing on accuracy.	https://www.youtube.com/watch?v=o_RGP8VmNoo https://www.youtube.com/watch?v=FYS9o-MwI https://www.youtube.com/watch?v=XhG7N-yM1TU	<ul style="list-style-type: none">• Complete the tasks. Keep a record of your score then see if you can beat your score• Find a selection of different balls (shapes and sizes). Which are easier to throw and catch and why?