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Aspiring for Academic, Cultural & Sporting Excellence’

**Department: Physical Education – Core**

**Blended Learning Curriculum overview 2020-21 (TERM TWO)**

In the event of a local lockdown, students isolating or school closure, please outline your approach to remote/blended learning below. DfE guidance stresses, there will be a need for ongoing provision of “remote learning” which “is high quality and aligns as closely as possible with in-school provision.” Within departments, this may mean planning each unit or area of learning with an eye on how it could translate into virtual or remote practice, if necessary. For example, it might mean preparing booklets or text-based resources which could be used by students at home as well as at school. It might even mean having procedures and infrastructure in place for recording lessons, or for allowing simultaneous online access to classroom teaching.

<b>Spring Term</b>	<b>Curriculum Time (Periods)</b>	<b>In-School provision (situation dependent)</b>	<b>Lockdown provision (situation dependent)</b>	<b>Resources available?</b>	<b>Assessment &amp; Feedback?</b>
Year 7	1 period per week	Online Via zoom and soon to change to google	Movements 1. Landing 2. Brace 3. Press up 4. Squat 5. Bear Crawl 6. Hinge 7. Lunge  Methods of training 1. Continous 2. Interval 3. Fartlek 4. Weight 5. Flexibility 6. Plyometric 7. Circuit	Every lesson to be live  Minimal resources requires  Worksheet and challenges set at end of lesson	Live assessment of movement pattern with assessment table  Homework on movement patterns and skeletal System  Methods Of Training Understanding  Google Classroom, zoom and SMHW
Topic/ Unit:	Movement Patterns, Circuit Training and Methods of training				
Year 8	1 period per week	Online Via zoom and soon to change to google	Movements 1Landing 2Brace 3Press up 4Squat 5Bear Crawl 6Hinge	Every lesson to be live  Minimal resources requires	Live assessment of movement pattern with assessment table
Topic/ Unit:	Movement Patterns, Circuit Training and Methods of training				

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			<p>7Lunge Methods of training 1Continuous 2Interval 3Fartlek 4Weight 5Flexibility 6Plyometric 7Circuit</p>	Worksheet and challenges set at end of lesson	<p>Homework on movement patterns and skeletal System</p> <p>Methods Of Training Understanding</p> <p>Google Classroom, zoom and SMHW</p>
Year 9	1 period per week	Re Online Via zoom and soon to change to google vised PE Curriculum due to Covid provision	<p>Movements 1Landing 2Brace 3Press up 4Squat 5Bear Crawl 6Hinge 7Lunge Methods of training 1Continuous 2Interval 3Fartlek 4Weight 5Flexibility 6Plyometric 7Circuit</p>	Every lesson to be live	Live assessment of movement pattern with assessment table
Topic/ Unit:	Movement Patterns, Circuit Training and Methods of training				
Year 10	1 period per week	Online Via zoom and soon to change to google	<p>Movements 1Landing 2Brace 3Press up 4Squat 5Bear Crawl 6Hinge</p>	Every lesson to be live	Live assessment of movement pattern with assessment table
Topic/ Unit:	Movement Patterns, Circuit Training and Methods of training				

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			<p>7Lunge                  Methods of training                  1Continuous                  2Interval                  3Fartlek                  4Weight                  5Flexibility                  6Plyometric                  7Circuit</p>	Worksheet and challenges set at end of lesson	<p>Methods Of Training Understanding</p> <p>Google Classroom, zoom and SMHW</p>
Year 11	1 period per week	Revised PE Curriculum due to Covid provision	Students will take part in a series of lessons surrounding well being	Resources Shared on SMHW and Google Class	Most feedback will be focused around well-being and managing the challenging time.
Topic/ Unit:	Physical Health and Mental Well-being		<ol style="list-style-type: none"> <li>1. Physical Challenges (Live and pre-set)</li> <li>2. Nutritional Advice/Challnges</li> <li>3. Documentaries</li> <li>4. Podcasts</li> <li>5. Well-being (yoga etc)</li> <li>6. Skill Challenges</li> </ol>	Zoom/Google Meet Lessons	Student wellbeing focus above assessment for learning