

Year 7 PE Home Learning Tasks



Week 10 Week beginning 15/06/20

Year Group/ Class	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	a7kif32	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station</p> <p>Apply progressive overload each repetition (make it hard through more time or less rest)</p> <p>Repeat the circuit to last at least 20 minutes in total</p> <p>Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDn_uixLGZiIz1KI/edit	<p>15 minute circuit: https://www.youtube.com/watch?v=TkaYafQ-XC4</p> <p>20 minute circuit: https://www.youtube.com/watch?v=q20pLhdoEoY</p> <p>Interval Training circuit: https://www.youtube.com/watch?v=9DTgn39RjFU</p>

Week 11 Week beginning 22/06/2020

Year Group/ Class	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	a7kif32	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station</p> <p>Apply progressive overload each repetition (make it hard through more time or less rest)</p> <p>Repeat the circuit to last at least 20 minutes in total</p> <p>Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDn_uixLGZiIz1KI/edit	<p>15 minute circuit: https://www.youtube.com/watch?v=TkaYafQ-XC4</p> <p>20 minute circuit: https://www.youtube.com/watch?v=q20pLhdoEoY</p> <p>Interval Training circuit: https://www.youtube.com/watch?v=9DTgn39RjFU</p>

Week 12 Week beginning 29/06/20

Year Group/ Class	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	a7kif32	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station</p> <p>Apply progressive overload each repetition (make it hard through more time or less rest)</p> <p>Repeat the circuit to last at least 20 minutes in total</p> <p>Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDn_uixLGZiIz1KI/edit	<p>15 minute circuit: https://www.youtube.com/watch?v=TkaYafQ-XC4</p> <p>20 minute circuit: https://www.youtube.com/watch?v=q20pLhdoEoY</p> <p>Interval Training circuit: https://www.youtube.com/watch?v=9DTgn39RjFU</p>

Year 8 PE Home Learning Tasks



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Year Group/ Class	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	zpxplsm	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station</p> <p>Apply progressive overload each repetition (make it hard through more time or less rest)</p> <p>Repeat the circuit to last at least 20 minutes in total</p> <p>Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDn_uixLGZiI21KI/edit	<p>15 minute circuit: https://www.youtube.com/watch?v=TkaYafQ-XC4</p> <p>20 minute circuit: https://www.youtube.com/watch?v=q20pLhdoEoY</p> <p>Interval Training circuit: https://www.youtube.com/watch?v=9DTgn39RjFU</p>

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Core PE	zpxplsm	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station</p> <p>Apply progressive overload each repetition (make it hard through more time or less rest)</p> <p>Repeat the circuit to last at least 20 minutes in total</p> <p>Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDn_uixLGZiI21KI/edit	<p>15 minute circuit: https://www.youtube.com/watch?v=TkaYafQ-XC4</p> <p>20 minute circuit: https://www.youtube.com/watch?v=q20pLhdoEoY</p> <p>Interval Training circuit: https://www.youtube.com/watch?v=9DTgn39RjFU</p>

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Year 9 Core PE Home Learning Tasks



Week 10 Week beginning 15/06/20

Year Group/ Class	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	czlywg5	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station</p> <p>Apply progressive overload each repetition (make it hard through more time or less rest)</p> <p>Repeat the circuit to last at least 20 minutes in total</p> <p>Copy the correct technique (even when you are tired)</p>	See task outline	https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDn_uixLGZiIz1KI/edit	<p>15 minute circuit: https://www.youtube.com/watch?v=TkaYafQ-XC4</p> <p>20 minute circuit: https://www.youtube.com/watch?v=q20pLhdoEoY</p> <p>Interval Training circuit: https://www.youtube.com/watch?v=9DTgn39RjFU</p>

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Year 9 GCSE PE Home Learning Tasks



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GCSE PE (Mr Denham)	g3ykaks	Complete practice exam questions and classwork tasks - this will cover AO1 and AO2. Self-assess when complete. Teacher will mark your work and return via the google classroom.	Give 1 minute per 1 mark for time limit	Google Classroom document	www.sternope.co.uk
GCSE PE (Mr Brahim)	wd22vw5	Complete practice exam questions and classwork tasks - this will cover AO1 and AO2. Self-assess when complete. Teacher will mark your work and return via the google classroom.	Give 1 minute per 1 mark for time limit	Google Classroom document	www.sternope.co.uk

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Year 10 Core PE Home Learning Tasks



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GCSE PE (Ms Maguire)	ohxlu7t	Individual tasks will be set as each student is working at different stages of their PEP. This will be shared on google classroom. Students to highlight work completed in yellow.	2 hours completed on Tuesday. 2 hours completed on Friday.	On Google Classroom	www.sternope.co.uk
GCSE PE (Mr Taylor)	3tdhhc7	Individual tasks will be set as each student is working at different stages of their PEP. This will be shared on google classroom. Students to highlight work completed in yellow.	Ongoing - see task checklist.	On Google Classroom	www.sternope.co.uk

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Year 11 Core PE Home Learning Tasks



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Year 11 GCSE PE Home Learning Tasks



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GCSE PE (Mr Denham)	rqzouyo	Further reading for KS5 preparation - use A Level section of the website	60 mins minimum	On Google Classroom	www.sternope.co.uk
GCSE PE (Mrs Dennis)	rkjjev	Further reading for KS5 preparation - use A Level section of the website	60 mins minimum	On Google Classroom	www.sternope.co.uk
GCSE PE (Mr Pattison)	p3p2dub	Further reading for KS5 preparation - use A Level section of the website	60 mins minimum	On Google Classroom	www.sternope.co.uk

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