

# Year 7 (PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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	a7klf32	<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	<a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDnuixLGZilZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDnuixLGZilZ1KI/edit</a>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RJfU">https://www.youtube.com/watch?v=9DTgn39RJfU</a></p>

## Week 5 Week beginning 04/05/20

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	a7klf32	<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	<a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDnuixLGZilZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDnuixLGZilZ1KI/edit</a>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RJfU">https://www.youtube.com/watch?v=9DTgn39RJfU</a></p>

## Week 6 Week beginning 11/05/20

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	a7klf32	<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	<a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDnuixLGZilZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMll_MzRq7jzZmAEiDnuixLGZilZ1KI/edit</a>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RJfU">https://www.youtube.com/watch?v=9DTgn39RJfU</a></p>

# Year 8 (PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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	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	<a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnuixLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnuixLGZiiZ1KI/edit</a>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RJfU">https://www.youtube.com/watch?v=9DTgn39RJfU</a></p>

## Week 5 Week beginning 04/05/20

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	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	<a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnuixLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnuixLGZiiZ1KI/edit</a>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RJfU">https://www.youtube.com/watch?v=9DTgn39RJfU</a></p>

## Week 6 Week beginning 11/05/20

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	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	<a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnuixLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnuixLGZiiZ1KI/edit</a>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RJfU">https://www.youtube.com/watch?v=9DTgn39RJfU</a></p>

# Year 9 (Core PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

## Week 5 Week beginning 04/05/20

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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

## Week 6 Week beginning 11/05/20

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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

# Year 9 (GCSE PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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
<b>GCSE PE (Mr Denham)</b>	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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
<b>GCSE PE (Mr Brahim)</b>	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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

## Week 5 Week beginning 04/05/20

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
<b>GCSE PE (Mr Denham)</b>	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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
<b>GCSE PE (Mr Brahim)</b>	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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

## Week 6 - beginning 11/05/20

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
<b>GCSE PE (Mr Denham)</b>	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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
<b>GCSE PE (Mr Brahim)</b>	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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

# Year 10 (Core PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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	uvcxhfr	<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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

## Week 5 Week beginning 04/05/20

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	uvcxhfr	<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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

## Week 6 Week beginning 11/05/20

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	uvcxhfr	<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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

# Year 10 (GCSE PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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
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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mr Taylor)	3tdhnc7	<a href="https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmjpe0O83Kkfh36v03EZc3a1sgc/edit">https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmjpe0O83Kkfh36v03EZc3a1sgc/edit</a>	On going - see task checklist.	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

## Week 5 Week beginning 04/05/20

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
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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mr Taylor)	3tdhnc7	<a href="https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmjpe0O83Kkfh36v03EZc3a1sgc/edit">https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmjpe0O83Kkfh36v03EZc3a1sgc/edit</a>	On going - see task checklist.	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

## Week 6 - beginning 11/05/20

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
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	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mr Taylor)	3tdhnc7	<a href="https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmjpe0O83Kkfh36v03EZc3a1sgc/edit">https://docs.google.com/document/d/1o-U82SEvsfpaYn0BWmjpe0O83Kkfh36v03EZc3a1sgc/edit</a>	On going - see task checklist.	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

# Year 11 (Core PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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	fig7vpu	<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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

## Week 5 Week beginning 04/05/20

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	fig7vpu	<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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

## Week 6 Week beginning 11/05/20

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	fig7vpu	<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	<p><a href="https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit">https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnui_xLGZiiZ1KI/edit</a></p>	<p>15 minute circuit: <a href="https://www.youtube.com/watch?v=TkaYafQ-XC4">https://www.youtube.com/watch?v=TkaYafQ-XC4</a></p> <p>20 minute circuit: <a href="https://www.youtube.com/watch?v=q20pLhdoEoY">https://www.youtube.com/watch?v=q20pLhdoEoY</a></p> <p>Interval Training circuit: <a href="https://www.youtube.com/watch?v=9DTgn39RjFU">https://www.youtube.com/watch?v=9DTgn39RjFU</a></p>

# Year 11 (GCSE PE) Home Learning Tasks



## Week 4 Week beginning 27/04/20

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
GCSE PE (Mr Denham)	rqzouyo	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mrs Dennis)	rkjjevj	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mr Pattison)	p3p2dub	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

## Week 5 Week beginning 04/05/20

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
GCSE PE (Mr Denham)	rqzouyo	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mrs Dennis)	rkjjevj	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mr Pattison)	p3p2dub	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>

## Week 6 - beginning 11/05/20

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
GCSE PE (Mr Denham)	rqzouyo	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mrs Dennis)	rkjjevj	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>
GCSE PE (Mr Pattison)	p3p2dub	Complete practice exam questions Self-assess when complete	Give 1 minute per 1 mark for time limit	On Google Classroom	<a href="http://www.sternope.co.uk">www.sternope.co.uk</a>