

Summer Term – Remote Learning Plan

Year 9 – Physical Education

Week:	Instructions to Parents/Students
	<ul style="list-style-type: none">• All resources can be found on the school website.• For each Practical Task there are multiple physical, written and research challenges to complete.• Other tasks are a mixture of research & practical tasks that will prepare you for Y10.• Not all tasks require specialist equipment and can be done at home.• ‘Netflix at home’ is a document full of different 20minute workouts on youtube that can be done at home! Give them a try.• Follow the PE twitter account for daily fitness challenges. @PE_BPSWirral or whole school twitter @BPSWirral• A reading list and training diary are available for you if you wish to complete these as an extra challenge!• Good luck 😊
28B – 20 th April	Practical Challenges – Task 1,2,3,4,5,6. Choose 2 from the list to complete.
29A – 27 th May	Practical Challenges – Task 7,8,9,10,11,12. Choose 2 from the list to complete.
30B – 4 th May	Task 1 – Rules of Sport Retrieval
31A – 11 th May	Task 2 – Techniques of Sport Retrieval
32B – 18 th May	Task 3 – Short Term Effects of Exercise
33A – 1 st June	Task 4 – Long Term Effects of Exercise
34B – 8 th June	Task 5 – Long Term Effects of Exercise
35A – 15 th June	Task 6 – Anaerobic & Aerobic Exercise
36B – 22 nd June	Task 7 – Cardio-Respiratory System
37A – 29 th June	Task 8 – Components of Fitness
38B – 6 th July	Task 9 – Elite Sporting Events Practical Task
39A – 13 th July	Task 10 – Elite Sporting Events

