**Link: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/physical-education**

**This is a timetable of the topics you need to complete on Oak National Academy during your allocated PE lesson. Please make sure you look at the correct year/ PE group.**

**7W/PE**

**Health Related Exercise Activity: Components of Fitness**

|  |  |  |
| --- | --- | --- |
| **Lesson** | **Topic** | **Date** |
| **Lesson 1** | How we train muscular endurance? | 08/02/21 |
| **Lesson 2** | How we train power? | 09/02/21 |
| **Lesson 3** | How can we train agility? | 22/02/21 |
| **Lesson 4** | How can we train balance? | 23/02/21 |
| **Lesson 5** | How can we train speed? | 01/03/21 |
| **Lesson 6** | How can we train cardiorespiratory fitness? | 02/03/21 |

 **7W/PE**

**Games Activity: Developing Fundamental and Transferrable Skills**

|  |  |  |
| --- | --- | --- |
| **Lesson** | **Topic** | **Date** |
| **Lesson 1** | How is hand-eye coordination used in sport? | 08/03/21 |
| **Lesson 2** | How is foot-eye coordination used in sport? | 09/03/21 |
| **Lesson 3** | Moving in sport | 15/03/21 |
| **Lesson 4** | How is whole body coordination used in sport? | 16/03/21 |
| **Lesson 5** | How is decision-making used in sport? | 22/03/21 |
| **Lesson 6** | How to overcome opponents in sport? | 23/03/21 |

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| --- | --- | --- |
| **Lesson** | **Topic** | **Date** |
| **Lesson 1** | How we train muscular endurance? | 09/02/21 |
| **Lesson 2** | How we train power? | 10/02/21 |
| **Lesson 3** | How can we train agility? | 23/02/21 |
| **Lesson 4** | How can we train balance? | 24/02/21 |
| **Lesson 5** | How can we train speed? | 02/03/21 |
| **Lesson 6** | How can we train cardiorespiratory fitness? | 03/03/21 |

**7D/PE**

**Health Related Exercise Activity: Components of Fitness**

**7D/PE**

**Games Activity: Developing Fundamental and Transferrable Skills**

|  |  |  |
| --- | --- | --- |
| **Lesson** | **Topic** | **Date** |
| **Lesson 1** | How is hand-eye coordination used in sport? | 09/03/21 |
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| **Lesson 3** | Moving in sport | 16/03/21 |
| **Lesson 4** | How is whole body coordination used in sport? | 17/03/21 |
| **Lesson 5** | How is decision-making used in sport? | 23/03/21 |
| **Lesson 6** | How to overcome opponents in sport? | 24/03/21 |

**8W/PE**

**Health Related Exercise Activity: Components of Fitness**

|  |  |  |
| --- | --- | --- |
| **Lesson** | **Topic** | **Date** |
| **Lesson 1** | How we train muscular endurance? | 08/02/21 |
| **Lesson 2** | How we train power? | 12/02/21 |
| **Lesson 3** | How can we train agility? | 22/02/21 |
| **Lesson 4** | How can we train balance? | 26/02/21 |
| **Lesson 5** | How can we train speed? | 01/03/21 |
| **Lesson 6** | How can we train cardiorespiratory fitness? | 05/03/21 |

**8W/PE**

**Games Activity: Developing Fundamental and Transferrable Skills**

|  |  |  |
| --- | --- | --- |
| **Lesson** | **Topic** | **Date** |
| **Lesson 1** | How is hand-eye coordination used in sport? | 08/03/21 |
| **Lesson 2** | How is foot-eye coordination used in sport? | 12/03/21 |
| **Lesson 3** | Moving in sport | 15/03/21 |
| **Lesson 4** | How is whole body coordination used in sport? | 19/03/21 |
| **Lesson 5** | How is decision-making used in sport? | 22/03/21 |
| **Lesson 6** | How to overcome opponents in sport? | 26/03/21 |

**8D/PE**

**Health Related Exercise Activity: Components of Fitness**

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| **Lesson 4** | How can we train balance? | 26/02/21 |
| **Lesson 5** | How can we train speed? | 02/03/21 |
| **Lesson 6** | How can we train cardiorespiratory fitness? | 05/03/21 |

**8D/PE**

**Games Activity: Developing Fundamental and Transferrable Skills**

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**9W/PE**

**Health Related Exercise Activity: Components of Fitness**

|  |  |  |
| --- | --- | --- |
| **Lesson** | **Topic** | **Date** |
| **Lesson 1** | How we train muscular endurance? | 08/02/21 |
| **Lesson 2** | How we train power? | 10/02/21 |
| **Lesson 3** | How can we train agility? | 22/02/21 |
| **Lesson 4** | How can we train balance? | 24/02/21 |
| **Lesson 5** | How can we train speed? | 01/03/21 |
| **Lesson 6** | How can we train cardiorespiratory fitness? | 03/03/21 |

**9W/PE**

**Games Activity: Developing Fundamental and Transferrable Skills**

|  |  |  |
| --- | --- | --- |
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**9D/PE**

**Health Related Exercise Activity: Components of Fitness**

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**9D/PE**

**Games Activity: Developing Fundamental and Transferrable Skills**

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