Subject: Year 9 GCSE PE

2 Week Independent Learning plan

**Email queries to: nbaker@waseleyhills.worcs.sch.uk**

Teacher: AB and JB

Year: 9 Topic/theme: Embedding Knowledge

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| Lesson | What you need to take from this lesson | Resource to use or hyperlink | Suggested task |
| 1 | Revise Component of Fitness– main focus is on impact each one has on effective performance | <https://www.bbc.co.uk/bitesize/guides/zckcdmn/revision/2> | Produce a mind map with each arm representing a component then add the details below   * Name of component * Definition * A sport that needs that component and why   You can add pictures to help you remember it  Agility |
| 2 | Revise fitness tests – main focus is on how to do each test | <https://www.bbc.co.uk/bitesize/guides/zckcdmn/revision/2> | Produce a revision card for each of the components which must include   * Definition * Name of the test * How to do the test * Which sports would use this test and why |
| 3 | Revise the methods of training | <https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1> | For Basketball, Badminton **and** Marathon running say which 2 of the methods of training elite athletes should do most of and say why.  The methods are below:   * Interval * Circuit * Fartlek * Weight * Altitude * Continuous * Stretching |
| 4 | Revise training Heart rate Zones | Aerobic Zone 60-80% of Max HR  Anaerobic Zone 80-90% of Max HR  Remember Max HR is 220-age. | Take part in an activity which pushes your Heart Rate into each of the 3 zones. Write down what you needed to do to get to each zone. |
| 5 | Revise what should be included in a warm up | <https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1> | Pretend you are the coach of Usain Bolt and imagine you are preparing for the 100m final of the Olympics. Design a warm up for him and explain why you have chosen those activities. Include pictures if you want to. |

Don’t forget you can access the school drives and resources form the school website: <https://www.waseleyhills.worcs.sch.uk/>

Staff Guidance:

**Generic task sheet to be issued – attached version will be copied ready for distribution:**

An overall task sheet will be set for KS3 and 4 pupils – this will be distributed via tutors or teachers if/when the time comes. I will also put this on the VLE and ShowMyHomework.

**Setting Subject Specific Tasks via SMHWK – two week template provided in attached file:**

We have developed a simple template to help set independent work quickly and in a structure that is simple for pupils to understand. Please see the attached sheet and follow the instructions should we close.

Complete the template and set via SMHWK – deadline date two weeks form when set to ensure it remains live.

1. Keep it simple – less is more when it comes to instructions ☺
2. Consider the use of youtube or other resources that are already available.
3. Only provide a maximum of three URL links per lesson. This should be enough for pupils to engage with the theme.
4. Outline the main ‘take home’ message you want pupils to focus on using the resources.
5. Keep the task simple – straight forward questions or activities based on the resources
6. FUN – this is a good opportunity to share some fun task which include modelling, creative writing, revision card making etc. (remember pupils may have access to limited resources at home).

Please note you can set additional tasks for pupils particularly GCSE and A Level but please keep these straightforward, avoid overloading SMHWK as it may disengage or stress pupils if they become confused, and keep it simple (avoid attached lesson PowerPoints and large documents).