KS 3 Home Learning Resources

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| Teacher Instructions  |
| PE | * On the ’WE ARE TEACHERS’ website there is a list of physical activates for pupils to participate in. Pupils can scroll down the page and select an activity by clicking on the link, by clicking on the link pupils will be taken to a YouTube page where they can again select a fitness, yoga or dance activity to participate in. Although I have only input links on the day's pupils are timetabled to have PE it is recommend that pupils use this once a day to ensure they participate in recommend amount of at least 30 minutes of physical exercise per day.
* Take part in a live fitness session. · After the session write down how you feel both physically and mentally. · Think about how taking part in a fitness session can improve your mental health. Try taking your heart rate both before and after, note down the difference and think about why this is happing. Think about how taking part in sport can have a positive effect on general health and well-being.
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| PE Year 7 | **Week 1** | **Week 2** | **Week 3** |
| Lesson 1 | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ |
| Lesson 2 | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ |
| PE Year 8  | **Week 1** | **Week 2** | **Week 3** |
| Lesson 1 | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ |
| Lesson 2 | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ |
| PE Year 9 | **Week 1** | **Week 2** | **Week3** |
| Lesson 1 | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ |
| Lesson2 | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ | **Health and well-being**  Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to You Tube Take part in online fitness or dance session.https://www.weareteachers.com/virtual-pe-classes/ |