

PE, Sport & Fitness year 7,8 & 9



Week 1

Week commencing 29th June 2020

Teacher instructions	
<p>•On the 'WE ARE TEACHERS' website there is a list of physical activities for you to participate in. You 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 fitness, yoga or dance activity to participate in. Although I have only input links for the amount of lessons you have each week. It is recommended that you use this once a day to ensure they participate in recommended amount of at least 30 minutes of physical exercise per day.</p> <p>•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 happening. Think about how taking part in sport can have a positive effect on general health and well-being.</p>	
Lesson 1	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Health and well-being</p> <p>Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to YouTube Take part in online fitness or dance session.</p>
Lesson 2	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Health and well-being</p> <p>Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to YouTube Take part in online fitness or dance session.</p>

Week 2

Week commencing 6th July 2020

Teacher instructions	
<p>•On the 'WE ARE TEACHERS' website there is a list of physical activities for you to participate in. You 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 fitness, yoga or dance activity to participate in. Although I have only input links for the amount of lessons you have each week. It is recommended that you use this once a day to ensure they participate in recommended amount of at least 30 minutes of physical exercise per day.</p> <p>•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 happening. Think about how taking part in sport can have a positive effect on general health and well-being.</p>	
Lesson 1	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Health and well-being</p> <p>Choice one of the online resources from the list of fitness and dance activities on the website. This will take you to YouTube Take part in online fitness or dance session.</p>

https://www.weareteachers.com/virtual-pe-classes/	<p style="text-align: center;">Health and well-being</p> <p>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.</p>
Lesson 2	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p style="text-align: center;">Health and well-being</p> <p>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.</p>

Week 3

Week commencing 13th July 2020

Teacher instructions	
<ul style="list-style-type: none"> •On the 'WE ARE TEACHERS' website there is a list of physical activates for you to participate in. You 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 fitness, yoga or dance activity to participate in. Although I have only input links for the amount of lessons you have each week. It is recommended that you 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 happening. Think about how taking part in sport can have a positive effect on general health and well-being. 	
Lesson 1	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p style="text-align: center;">Health and well-being</p> <p>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.</p>
Lesson 2	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p style="text-align: center;">Health and well-being</p> <p>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.</p>