KS 4 Home Learning Resources

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| Teacher Instructions  |
| PE | **For lesson 1 & 2 each week** * Read through the web pages on each topic, then attempt the multiple choice questions by clicking the test icon, you can have as many goes as you like.
* Once you feel like you understand the topic please attempt produce a PowerPoint presentation with two or three slides for of each topic · Images, quotes, facts about each topic should be included in these information slides ·
* Remember to make this resource BOLD, COLOURFUL, EYE-CATCHING and INFORMATIVE · All of this information will come in really useful when we return and complete the four remaining units next year.

**For lesson 3 & 4 each week** * 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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| **SPORT**  | **Week 1** | **Week 2** | **Week 3** |
| **Lesson 1** | **Long Term Effects of Exercise**https://www.bbc.co.uk/bitesize/guides/z367tyc/revision/1 | **Aerobic and anaerobic exercise**https://www.bbc.co.uk/bitesize/guides/z8ypv4j/revision/1 | **Principles of training**https://www.bbc.co.uk/bitesize/guides/zxhxnbk/revision/1 |
| **Lesson 2** | **Methods and effects of training**https://www.bbc.co.uk/bitesize/guides/zyqd2p3/revision/1 | **Health and wellbeing in sport**https://www.bbc.co.uk/bitesize/guides/z2d9j6f/revision/1 | **Health and safety in sport**https://www.bbc.co.uk/bitesize/guides/z2r34j6/revision/1 |
| **Lesson 3** | **Practical fitness session**https://www.weareteachers.com/virtual-pe-classes/ | **Practical fitness session**https://www.weareteachers.com/virtual-pe-classes/ | **Practical fitness session**https://www.weareteachers.com/virtual-pe-classes/ |
| **Lesson 4** | **Practical fitness session**https://www.weareteachers.com/virtual-pe-classes/ | **Practical fitness session**https://www.weareteachers.com/virtual-pe-classes/ | **Practical fitness session**https://www.weareteachers.com/virtual-pe-classes/ |