

KS3 PE, Sport & Fitness

Week 1

Week commencing-



Meadow Park
Patience, Guidance and Determination

Teacher instructions

• On the 'WE ARE TEACHERS' website there is a list of physical activities 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 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 recommended that pupils use this once a day to ensure they participate in recommended 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
<p>Year 7- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p>Year 8- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p>Year 9- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>

Lesson 2

WEBSITE/LINK	TOPIC/THEME
<p>Year 7- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p>Year 8- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p>Year 9- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>

Week 2

Week commencing-

Teacher instructions	
<p>• On the 'WE ARE TEACHERS' website there is a list of physical activities 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 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 recommended that pupils 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
<p style="text-align: center;">Year 7- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p style="text-align: center;">Year 8- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p style="text-align: center;">Year 9- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
Lesson 2	
WEBSITE/LINK	TOPIC/THEME
<p style="text-align: center;">Year 7- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p style="text-align: center;">Year 8- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>
<p style="text-align: center;">Year 9- https://www.weareteachers.com/virtual-pe-classes/</p>	<p>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 YouTube Take part in online fitness or dance session.</p>