

KS4 BTEC Sport

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Week 1

Week commencing-



Meadow Park
Patience, Guidance and Determination

Teacher instructions

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 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 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 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.bbc.co.uk/bitesize/guides/zt44wxs/revision/1	<p>Football Rules, Regulations and Scoring Systems</p> <ul style="list-style-type: none"> • You need to create a PowerPoint with a title slide with your name and title <i>Football Rules, Regulations and Scoring Systems</i> <p>slide 1 – football rules.</p> <ul style="list-style-type: none"> • Using the information on the website select the most important rules in football. <p>Slide 2 – Playing surface.</p> <ul style="list-style-type: none"> • Using the information on the website tell me what the pitch is made off. • What is the shape of the pitch • Tell me what the minimum and maximum length and width of the pitch can be • What are the height and width of the goal.

Lesson 2

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/zt44wxs/revision/1	<p>Football Rules, Regulations and Scoring Systems</p> <p>Continue with your PowerPoint.</p> <p>Slide 3 – Players and participants</p> <ul style="list-style-type: none"> • how many players are on a team • how many substitutes can you name and how many can be used. • What are the playing positions. <p>Slide 4 – Officials.</p> <ul style="list-style-type: none"> • How many officials are there • what are their roles

	<ul style="list-style-type: none"> • what do each of them do during a game. <p>Slide 5 – Scoring Systems</p> <ul style="list-style-type: none"> • how do you score a goal in football, • what part of your body can you score a goal with. • Who wins the game.
Lesson 3	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> •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
Lesson 4	
WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> •Take part in a live fitness session. •Think about how taking part in sport can have a positive effect on general health and well-being.

Week 2

Week commencing-

Teacher instructions
<p style="text-align: center;">For lesson 1 & 2 each week</p> <ul style="list-style-type: none"> •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. <p style="text-align: center;">For lesson 3 & 4 each week</p> <ul style="list-style-type: none"> •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.

Lesson 1

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/zt44wxs/revision/1	<p>Football Rules, Regulations and Scoring Systems</p> <p>Continue with your PowerPoint.</p> <p>Slide 6 – equipment</p> <ul style="list-style-type: none"> • What equipment do you need to play football • What is a football kit made up of. <p>slide 7 – Health & Safety</p> <ul style="list-style-type: none"> • What do you have to wear to stay safe during a game of football. • What must you not wear when you play football • What can the referee do if players are not being safe.

Lesson 2

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/zt44wxs/revision/1	<p>Football Rules, Regulations and Scoring Systems</p> <p>Continue with your PowerPoint.</p> <p>Slide 9 – Source</p> <p>What websites or books did you use. Tell me where you got all your information from.</p>

Lesson 3

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Take part in a live fitness session. • After the session how has your breathing changed, think about the effect it has on your respiratory system.

Lesson 4

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Before the session take your pulse and record how many times it beats in a minute. • Take part in a live fitness session. • After the session take your pulse again, look at the different heart rate and Think about the effects this session has on your cardio vascular system.