

Subject: PE

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All tasks will be uploaded to SMH with details and links to enable students to complete the tasks independently

	23rd March to 3 rd April		Easter	20 th April to 22 nd May				
Year group	Week 1 (23/3)	Week 2 (30/3)		Week 1 (20/4)	Week 2 (24/4)	Week 3 (04/5)	Week 4 (11/05)	Week 5 (18/05)
7 Practical PE Lessons	Aerobic Circuit	Evaluate a performance		Resistance circuit	Dance routine	Challenge week	Diversity poster	Flexibility training
8 Practical PE Lessons								
9 Practical PE Lessons								
10 Practical PE Lessons								
11 Practical PE Lessons								
Year 9 Sport Pathway	The muscular system (MCO)	Physical Activity & Sport (JLU)		Participation in physical activity and sport (SBN)	Commercialisation (MCO)	Ethics in Sport (JLU)	Drugs in Sport (SBN)	Violence in Sport (JLU)
Year 10 GCSE PE	Components of fitness results coursework. Structure and completion.	Revision of Muscles, joints, movements and antagonistic pairs.		Practice movement analysis case study	Movement analysis coursework structure and commencement	Movement analysis coursework completion.	Risk assessment, warm up/cool down, Training principles and SMART revision	Action plan Structure/drills