

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

	1 st June – 17 th July							
Year group	Week 1 (01/06)	Week 2 (08/06)	Week 1 (15/06)	Week 2 (22/06)	Week 3 (29/06)	Week 4 (11/07)	Week 5 (06/07)	Week 6 (13/07)
7 Practical PE Lessons	Yoga	Fitness Challenges	Home Aerobics	Home Strength Workout	Design Your Own Circuit	Resistance Workout	Flexibility Training	Home Circuit
8 Practical PE Lessons								
9 Practical PE Lessons								
10 Practical PE Lessons								
11 Practical PE Lessons								
Year 9 Sport Pathway – Mr Lumb/Mr Collins/Mr Bell-Nevin	Characteristics of Skilful Movement	Skill Classifications	Goal Setting	Mental Preparation	Types of Guidance	Types of Feedback	Summer Project	
Year 10 GCSE PE – Mr Hill	Students begin to complete section 5 of the coursework	Students to look at the mechanical breakdown of a skill and its classification	Continuation of coursework section 5	Continuation of coursework section 5	Revision of SMART targets	Revision on reducing the risk of injury	Revision of FITT principle	Revision of SPOR principle
Year 10 Cambridge National Sport Science – Mr Gilbert	Continuation and completion of coursework for the Nutrition for Sport unit Applying the principles of training assignment 1 completion and begin assignment 2							

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Year 12 A Level PE	Sport Psychology Podcast and discussion	Muscle, bones, joints and movement analysis	Exam question technique and practice questions on movement analysis	CV system and how it responds to exercise	Exam question technique and practice questions on CV system	Respiratory system and how it responds to exercise	Exam question technique and practice questions on respiratory system	End of year 12 quiz
Year 12 BTEC Sport	Task 3 Sport Psychology Task 2 Exercise, health and lifestyle				Task 4 Sport Psychology Task 3 Exercise, health and lifestyle			