

Year 12 - PE LGI		W/C 2 nd November	W/C 9 th November	W/C 16 th November
How you will access home learning		The PowerPoint and lesson materials will be available in our Y12 group on Microsoft Teams. You will need access to your PE textbook via Hodder.		
How you be able to interact with your teacher and gain feedback on your work		You will be able to join all lessons via Microsoft Teams. This may be accessing files from Teams with voice over or at times live. This will enable you to listen to teacher delivery, to ask questions, and to complete the same tasks live, as those who are working in the lesson. You can join in with questioning in the lesson using the chat function to check your understanding. Work will be submitted via the online submission function on SHMW or e mailed as requested. You will receive feedback through the teacher comment box on SHMW or via e mail.		
Retrieval How we will help you to recall previously learnt knowledge		Quick knowledge or the multiple-choice questions on Types of Injury	Quick knowledge or multiple-choice questions on Injury prevention methods	Short answer questions on <u>injury rehabilitation methods</u>
New Learning	What you will be learning about this week	Understanding different recovery methods from exercise work - to include compression garments, massage therapy, foam rollers	Understanding different recovery methods from exercise - to include cold therapy, cryotherapy	ASSESSMENT on Injury and Rehabilitation
	How we will teach you the new knowledge or ideas	PowerPoint content and teacher led explanations to support you in discussion around lifestyle choices and what it means to be fit and healthy.	Teacher led explanation of new knowledge which will be covered in the PowerPoint. Teacher explanation and modelling of step by step process of how cryotherapy works	Past paper questions - some scaffolding of essay style questions
	Activities that will help you learn and practice what you've been taught	Discussion around explanation around the theory behind compression garments, massage and foam rollers to include video clips,- various activities on worksheets to embed/test knowledge - Application tasks related to specific injuries	Completing flow diagram of the process involved in cryotherapy and the physiological effects on the body 8 mark question based on the redistribution of blood following cryotherapy	Practicing past paper questions Using revision methods - notes/flash cards/mind maps/redoing knowledge quizzes
	What you can do if you are stuck	You can ask any questions during any live lesson through using the chat function on Microsoft Teams. The Teams lessons will be recorded so you can refer to teacher explanations and listen to them again. Use your online Hodder textbook to refer to any previous content. If you have questions in relation to any of the longer style exam questions, you can use the frameworks provided, and modelled explanations, to help you answer the questions. If you need to e-mail me to ask a question, then please attach a copy of the work that you have completed so far, so I can be specific in giving you feedback and help. lgiampalma@notredame-high.co.uk		

		W/C 23 rd November	W/C 30 th November	W/C 7 th December	W/C 14 th December
How you will access home learning		The PowerPoint and lesson materials will be available in our Y12 group on Microsoft Teams. You will need access to your PE textbook via Hodder.			
How you be able to interact with your teacher and gain feedback on your work		You will be able to join all lessons via Microsoft Teams. This may be accessing files from Teams with voice over or at times live. This will enable you to listen to teacher delivery, to ask questions, and to complete the same tasks live, as those who are working in the lesson. You can join in with questioning in the lesson using the chat function to check your understanding. Work will be submitted via the online submission function on SHMW or e mailed as requested. You will receive feedback through the teacher comment box on SHMW or via e mail.			
Retrieval How we will help you to recall previously learnt knowledge		True/False questions on command words related to exam questions	Short answer questions on any injury and rehab topic	Definition quiz on injury and rehab	Fill in the gap task on UK Sport
New Learning	What you will be learning about this week	New Topic - The development of elite performers - Understanding the personal and socio-cultural factors required to be an elite performer	An overview of the sport development structure (organisations) that govern sport in the UK - Focus on the roles and responsibilities of UK Sport	Continuing with the understanding of roles and responsibilities of UK Sport and how this links with other organisations - Understand the World Class Performance Programme in relation to sport funding in the UK	Understand the roles and responsibilities of the EIS in relation to the development of elite athletes in the UK - understand the links between the EIS and UK Sport
	How we will teach you the new knowledge or ideas	Student led tasks to explore what personal and socio-cultural factors are and which are required to reach elite level performance PPT and teacher led input to support this	PowerPoint content and teacher led explanations to support you in new knowledge regarding how UK sport distributes funding and how elite sport is supported through this organisation	PowerPoint content and teacher led explanations to support you in new knowledge on how UK Sport governs elite sport development in the UK and on understanding the World Class Performance Programme	PowerPoint content and teacher led explanations to support you in discussion around your experiences of the EIS in Sheffield and what other services it provides to elite performers
	Activities that will help you learn and practice what you've been taught	Match up task of the different categories of factors with images Real life examples explored through discussion	Relating the above knowledge to sporting scenarios and exam questions. Fill in the gaps task Pairs Quizzes Short answer recap quiz	Case study task on elite performer to include information filling sheet on the impact of the World Class Performance Programme PPQ's	Filling in a partially completed mind map on role of EIS Short answers quiz on roles and responsibilities Independent research tasks Video clips focusing on how the EIS supports elite level performance and training

What you can do if
you are stuck

You can ask any questions during any live lesson through using the chat function on Microsoft Teams. The Teams lessons will be recorded so you can refer to teacher explanations and listen to them again. Use your online Hodder textbook to refer to any previous content. If you have questions in relation to any of the longer style exam questions, you can use the frameworks provided, and modelled explanations, to help you answer the questions. If you need to e-mail me to ask a question, then please attach a copy of the work that you have completed so far, so I can be specific in giving you feedback and help. lgiampalma@notredame-high.co.uk