

		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 Y1 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 some lessons via Microsoft Teams. All lesson content will be on Teams and pinned for the current week to enable easy access. Tasks will be set on SMHE and phone calls home can be arranged via email if a further explanation on lesson content is required. 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		Newton's laws- word perfect recall!	Flash cards on <u>stability</u>	Short answer questions on <u>distance and speed</u>
New Learning	What you will be learning about this week	Measurements of energy expenditure.	Measurements of energy expenditure.	Impact of specialist training methods on energy systems.
	How we will teach you the new knowledge or ideas	Use of textbooks and old book to examine the different measure of energy expenditure including indirect calorimetry and Lactate sampling.	Use of textbooks and old book to examine the different measure of energy expenditure including VO2 max test and Respiratory exchange ratio (RER)	PowerPoint content and teacher led explanations to support you in discussion around specialist training methods. Book led lesson working through the Altitude training and High Intensity Interval Training (HIIT) specialist training methods.
	Activities that will help you learn and practice what you've been taught	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Production of revision aids whether these be cards, knowledge organisers or A01/A02/A03 spider diagrams	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Production of revision aids whether these be cards, knowledge organisers or A01/A02/A03 spider diagrams	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Link to youtube visualising the characteristics of these methods.
	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 OR email OR arranged phonecall. 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. josullivan@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 Y1 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 some lessons via Microsoft Teams. All lesson content will be on Teams and pinned for the current week to enable easy access. Tasks will be set on SMHE and phone calls home can be arranged via email if a further explanation on lesson content is required. 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		Multiple-choice questions on mechanical advantages and disadvantage of levers	Multiple-choice questions on Newton's Laws application	Labelling and annotation of the 3 levers	Muscles fibre- AO1/AO2/AO3 spider diagram linking with energy systems.
New Learning	What you will be learning about this week	Impact of specialist training methods on energy systems.	REVISION AIDS AND PPQ'S ON ALL OF UNIT 3.1.1.6 (ENERGY SYSTEMS)	3.1.3.1.1 Pre-industrial (pre-1780) Characteristics and impact on sporting recreation.	Characteristics of popular and rational recreation linked to the two-tier class system.
	How we will teach you the new knowledge or ideas	PowerPoint content and teacher led explanations to support you in discussion around specialist training methods. Book led lesson working through the Plyometrics and Speed Agility Quickness.	A plethora of revision techniques for pupils to choose from including AO1/AO2/AO3 spider diagrams, table mats, PPQ's, tasks from books.	-Rural, local, two-tier class system. Limited to mob football and real tennis.	-Rural, local, two-tier class system. Limited to mob football and real tennis.
	Activities that will help you learn and practice what you've been taught	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Link to youtube visualising the characteristics of these methods.	See above.	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Making a table analysing the difference between popular and rational recreation including what caused these changes.	Tasks that are found within the Hodder textbook, on the PowerPoint past paper questions store on Teams/ placed on SMHW. Watching videos exemplifying the 2 types of recreation (link on powerpoint). Highlighting the characteristics of mob football and freal tennis- why did they have these characteristics?
	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 OR email OR arranged phonecall. 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. josullivan@notredame-high.co.uk			