Remote education – Summer Term

Subject: Physical Education

Year Group: 7

Please select the work for the sport which you are currently studying at school and then email the tasks to your class teacher when they are completed.

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| Topic | How will the new content be delivered? | What activities need to be completed? |
| **Y7 Rounders** | * PowerPoint on the P Drive | Lesson 1 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help a rounders player   Lesson 2 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help a rounders player   Lesson 3 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help a rounders player     Lesson 4 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help a rounders player |
| **Y7 Cricket** | * PowerPoint on the P Drive | Lesson 1 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help a cricket player   Lesson 2 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help a cricket player   Lesson 3 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help a cricket player     Lesson 4 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help a cricket player |
| **Y7 Tennis** | * PowerPoint on the P Drive | Lesson 1 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help a tennis player   Lesson 2 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help a tennis player   Lesson 3 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help a tennis player     Lesson 4 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help a tennis player |
| **Y7 Athletics** | * PowerPoint on the P Drive | Lesson 1 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help an athlete   Lesson 2 (week 1 of self-isolation)   * Practical fitness session and questions about how the session would help an athlete   Lesson 3 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help an athlete     Lesson 4 (week 2 of self-isolation)   * Practical fitness session and questions about how the session would help an athlete |