**Academic Year 2020 – 2021**

**PE Department Curriculum**

**Remote Learning Plan – Schemes of Learning Overview**

**Year 9:**

Term 1

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| **Lesson number** | * Please use the Sarum Academy PE YouTube page and carry out the range of workouts on there. Remember you should be completing two hours of physical activity a week. |
| Year 9 Core PE | * <https://www.youtube.com/channel/UCG0HfBDdK2a-YHp-eLan8Ww> |
| Sarum PE Youtube page | * <https://www.youtube.com/channel/UCG0HfBDdK2a-YHp-eLan8Ww> |
| Week 2 | * <https://www.youtube.com/watch?v=TGyxNeS8e8k> |
| Week 3 | * <https://www.youtube.com/watch?v=Hr-p7TikhPI> |
| Week 4 | * <https://www.youtube.com/watch?v=X655B4ISakg&t=9s> |
| Week 5 | * <https://www.youtube.com/watch?v=66wCy2KwlCk> * <https://www.youtube.com/watch?v=g7P1j1fs3uw> * <https://www.youtube.com/watch?v=FRAJCt27dpw> |
| Week 6 | * <https://www.youtube.com/watch?v=bm4WZyH5p2I> |
| Week 7 | * <https://www.youtube.com/watch?v=A0SoA7y7saI> |

Term 2

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| **Lesson number** | **Core content: It is a requirement to complete a minimum of 2 hours’ physical activity a week. Use these PE at home resources to help you do this. Where possible please use the correct key stage for your child (KST3 YR7-9 KST4 YR10-11)** |
| Week 1-3 | * <https://www.kessp.com/attachments/download.asp?file=64&type=pdf> |
| Week 4-6 | * <https://www.kessp.com/attachments/download.asp?file=51&type=pdf> |
| Week 7 | * Practise your favourite one again |