**Academic Year 2020 – 2021**

**PE Department Curriculum**

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

**Year 8:**

Term 1

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| **Lesson number** | **Core content** |
| Year 8 Core PE | * 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. |
| Sarum PE Channel | * <https://www.youtube.com/channel/UCG0HfBDdK2a-YHp-eLan8Ww> |
| Week 2 | * <https://www.youtube.com/watch?v=dhCM0C6GnrY> |
| Week 3 | * <https://www.youtube.com/watch?v=8uUawnM-FD8> |
| Week 4 | * <https://www.youtube.com/watch?v=sqZFz44AB78> |
| Week 5 | * <https://www.youtube.com/watch?v=hsfheb5UwdE> |
| Week 6 | * <https://www.youtube.com/watch?v=oxeesc1SqFk> |
| Week 7 | * <https://www.youtube.com/watch?v=f1DCBvypjNw> |

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 |