

# The Kibworth School

## PE Department Home Study Guidance



Last updated 15.3.20 by Mr M Stanton

### Important and useful websites:

<https://www.senecalearning.com/>

A fantastic free online resource for all GCSE PE students. Please select OCR GCSE PE when registering. All GCSE PE students will be registered and introduced to this online learning platform in lessons so that they understand how to use it effectively. This website allows students to complete tutorials on all relevant units across the course, as well as enabling them to undertake an assessment at the end of each unit.

<https://www.theeverlearner.com/>

An online learning platform, that also provides very detailed tutorials on all units across OCR GCSE PE, as well as end of topic quizzes. Currently, students will have to pay for this resource, although the PE department may be able to subsidize this in the future.

<https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

A free website providing key definitions of terms and practical examples for GCSE PE. Please remember to select OCR when asked to choose your exam board.

<https://thepeclassroom.com/>

A further online learning platform with tutorials around all key topic areas across GCSE PE and Cambridge Nationals Sports Studies. The website requires students to pay.

### GCSE PE Specification and Past Papers

<https://ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

<https://ocr.org.uk/qualifications/past-paper-finder/>

### Cambridge National Sports Studies Specification and Past Papers

<https://ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/>

<https://ocr.org.uk/qualifications/past-paper-finder/>

### PE Department Teacher Emails:

- [mstanton@thekibworthschool.org](mailto:mstanton@thekibworthschool.org)
- [reast@thekibworthschool.org](mailto:reast@thekibworthschool.org)
- [dblampied@thekibworthschool.org](mailto:dblampied@thekibworthschool.org)
- [kdonlan@thekibworthschool.org](mailto:kdonlan@thekibworthschool.org)

## CORE PE Lessons Y7-11

### Recall and Do now activities

Please use <https://kids.kiddle.co/Sport> to test your knowledge of rules, tactics and facts of the current activity you are studying in PE.

### Main Tasks

During the week, aim to complete the government recommended 60 minutes of moderate physical activity per day. Moderate physical activity will raise your heart rate and make you breathe faster.

You should still be able to talk when exercising at moderate intensity, but not be able to sing.

Reduce the amount you sit in the day, by doing some of the following:

- Going for a walk/jog
- Ride your scooter/bike/skateboard/roller-skates
- Take your dog for a walk
- Play outside at the park with your friends
- Complete exercises at home – such as press ups/sit ups/lunges/plank etc. Please email your PE teacher if you would like details of bodyweight exercises you could complete at home. Teachers will upload examples of exercises for you to complete onto student folder.
- Take part in organized sport at a club. For example, a football/rugby/netball/hockey/cricket team or gymnastics/martial arts/tennis or swimming club. Kibworth PE department has fantastic links with several local sports clubs and can put you in touch with them. Please email a PE teacher for further information.

### **Knowledge Organisers**

Knowledge organisers you need for the current term will be on your student folder account.

### **Rewards for independent learning**

Please write a merit on your card for every day you complete at least 60 minutes of moderate physical activity.

## **Examination PE**

### **Recall and Do now activities**

Please use the blank knowledge organisers uploaded to student folder to see how much information you can recall on a specific topic. There is also a glossary definition of key terms you can use to support your knowledge recall.

### **Main Tasks**

Teachers will use student folder/school email to set tasks on Seneca learning for GCSE PE, and written projects for Cambridge National Sports Studies. Furthermore, tasks and assessments will be set using the relevant revision guide. This will be communicated through student folder/school email.

### **Knowledge organisers**

Knowledge organisers you need for the current term will be on your student folder account.

### **Using your exam analysis: Building independence**

Following your most recent end of topic tests or mock exams, you will have completed an analysis in lessons to identify your strengths and areas for improvement. It is these areas for improvement you must focus your studies on first, to ensure you secure your understanding of the topic before moving onto a new area of study.

### **Rewards for independent learning**

Please write a merit on your card for every Seneca learning task you complete independently and achieve a 100% score. Written projects for Cambridge Nationals Sports Studies will receive appropriate rewards once handed back to the class teacher.