

PE and Sport – Term 1 – KS3

Use the resources below to support you when learning from home. You can use this to help catch up on missed work, to get that extra help you might need, or to show to your family what you have been learning about at school!

When	What we are learning	Resources
Week 2-5	Football / Netball – skills techniques and rules. Health related fitness – Muscular endurance exercise – circuit training	https://www.youtube.com/watch?v=IzPJPCg5SCg https://www.youtube.com/watch?v=s1LJDtgNrCY https://prezi.com/tc3kr5gfbayx/football-skills-techniques-and-tactics/ skills and techniques task https://www.youtube.com/watch?v=RJuVl_IRRjE Circuit training design task
Week 6-9	Badminton – skills techniques. Swimming – water safety and confidence.	https://www.youtube.com/watch?v=S2-G_tblj80 Badminton skills technique table task https://www.youtube.com/watch?v=0o71KmM2Mmc



		Water safety poster task
Week 10-14	Gymnastics – preparation for flight and development of healthy active lifestyles. Basketball – history and rules.	https://www.youtube.com/watch?v=0DT2qni4f9c gymnastics fitness task basketball history task