

GCSE Year 10

Mr Fitcher/Mr Clarke/ Mrs Birch:

Groups to work through coursework

Strengths - 2 components of fitness/skill

Make sure each strength has two examples where it has been used as a positive within a performance

Weaknesses - 2 components of fitness/skill

Make sure each strength has two examples where it has been used as a positive within a performance

Each group will be linked into a google classroom; so please when you receive the invite/code register
Support materials will be posted on this link.

Mr Prentice

Using GCSE pod look at the links below as part of your revision make detailed notes and answer the questions linked to each topic.

Topic: Applied Anatomy and Physiology

work has been sent via gcse pod to you and deadline set
any questions please contact Mr Prentice on
jprentice@theappletonschoo.org
or Mr Fitcher mfitcher@theappletonschoo.org

OCR Year 10

Students are currently working on

the psychology unit and the technology unit. Use the assignment brief and notes to help you complete both assignments

Each pupil should be receiving a login for google classroom; please login so you can contact your teacher with regards the tasks you have been asked to complete.

Core PE – Home Learning

This document is full of useful links for you to use at home. All activities need zero or very little equipment. The PE department recommend that you should be active for a minimum of 20 minutes per day. There are many media outlets at the moment offering free fitness programmes, please feel free to find alternative programmes for you to complete.

Warm up / Stretches

<https://www.youtube.com/watch?v=03JKamVnbfs> – Helps to improve flexibility

Joe Wicks – The Body Coach

Joe Wicks uploads new workouts every week day. Try to complete ‘PE with Joe’ every weekday. These videos get uploaded Monday-Friday at 9am – 30 minutes of exercise.

<https://www.youtube.com/watch?v=K6r99N3kXME> – PE with Joe Wicks

<https://www.youtube.com/watch?v=FjR-B7BFZ4s> – Home workout

<https://www.youtube.com/watch?v=Hr-p7TikhPI> – Home HITT training

<https://www.youtube.com/watch?v=xvn3HISxYdM> – Home fat burner

<https://www.youtube.com/watch?v=okxbGxbj03s> – Legs, bums and tums workout

<https://www.youtube.com/watch?v=fHfTCd2q-rg> - High Intensity Interval Training

Aerobics

<https://www.youtube.com/watch?v=5if4cjO5nxo> – Family aerobics workout

<https://www.youtube.com/watch?v=MxLL9Scvmzo> – Cardio workout

<https://www.youtube.com/watch?v=xfmHPW-AfQs> - Zumba

Yoga

Being locked in can be very stressful, try some of these poses and chill.

<https://www.youtube.com/watch?v=KWbfQjuwp4E&list=PLui6Eyny-UzzFFfpil94CUrWKVMaqmkm>
Yoga with Adriene – A 30-day yoga journey. (*“Yoga provides us the tools for getting to know who we really are. This journey is about reuniting with yourself through regular practice. Through the process of getting to know who you really are”*)

<https://www.youtube.com/watch?v=v7AYKMP6rOE> – Yoga for complete beginners, 20 minute home yoga workout.

Dance

<https://www.youtube.com/watch?v=q5FJ3oK4JCA> - Diversity Dance Tutorial Lesson 1

<https://www.youtube.com/watch?v=FDjkVpKluOQ> - Diversity Dance Tutorial Lesson 2

<https://www.youtube.com/watch?v=yt6Llst0yZ8> - Diversity Dance Tutorial Full Routine

<https://www.youtube.com/watch?v=1UCgri6SG1w&t=569s> - The greatest showman dance tutorial

<https://www.youtube.com/watch?v=o2X9RGYmm6w> - Contemporary floor work tutorial

Cool-down

https://www.youtube.com/watch?v=7h_Pn7NyJ0k - Stretching routine for relaxation and stress relief.