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| **Year 9 GCSE PE** | | | | |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and Oak National Academy) |  | **Approx. completion time** |
| 9/11 | End of Unit Test  Basketball/Netball | **GCSEPod**  The Skeletal System –  <https://members.gcsepod.com/shared/podcasts/title/12402/76332>  The Muscular System -  <https://members.gcsepod.com/shared/podcasts/title/12403/76334> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 16/11 | Components of Fitness  Basketball/Netball | **GCSEPod**  Skill-Related Components of Fitness: Agility, Speed, Power, Reaction Time, Co-ordination and Balance - <https://members.gcsepod.com/shared/podcasts/title/12407/76411> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 23/11 | Components of Fitness  Basketball/Netball | **GCSEPod**  Skill-Related Components of Fitness: Agility, Speed, Power, Reaction Time, Co-ordination and Balance - <https://members.gcsepod.com/shared/podcasts/title/12407/76411> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 30/11 | Preventing Injury in Physical Activity  Basketball/Netball | Preventing Injury in Physical Activity and Training  <https://members.gcsepod.com/shared/podcasts/title/12590> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 7/12 | Preventing Injury in Physical Activity  Basketball/Netball | Preventing Injury in Physical Activity and Training  <https://members.gcsepod.com/shared/podcasts/title/12590> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 14/12 | End of Unit Test  Basketball/Netball | Skill-Related Components of Fitness: Agility, Speed, Power, Reaction Time, Co-ordination and Balance - <https://members.gcsepod.com/shared/podcasts/title/12407/76411>  Preventing Injury in Physical Activity and Training  <https://members.gcsepod.com/shared/podcasts/title/12590> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |