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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 TestBasketball/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 FitnessBasketball/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 FitnessBasketball/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 ActivityBasketball/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 ActivityBasketball/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 TestBasketball/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 |