

Subject: Physical Education



YEAR	TOPIC	Remote learning resources (Oak Academy/SENECA)
7	How can monitoring heart rate be used to improve fitness?	https://teachers.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae
8	How can fitness be measured?	https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c
9	How is foot-eye coordination used in sport?	https://classroom.thenational.academy/lessons/how-is-foot-eye-coordination-used-in-sport-cthpad
10 GCSE	End of term test revision.	https://app.senecalearning.com/dashboard/class/mic3p32fo/assignments/assignment/43134dc9-79da-46a0-86d3-38a19ca03c71
11 GCSE	Recap topics	https://app.senecalearning.com/dashboard/class/7sct774a8b/assignments/assignment/c30f7710-828c-43d4-9694-cbad80fedc39
	Additional tasks for KS4 (and enrichment for KS3) students.	
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