

# PE Teaching and Learning

In core PE keeping active has been the name of the game! There have been a variety of fitness based activities to choose from as well as skills based practices. Pupils have been swapping between the two depending on their fitness needs. Now the government has said that outside exercise in a group of 6 is ok so get out there, keep socially distanced and keep your fitness up.

## Workout 1:

### 1 Dumbbell swing

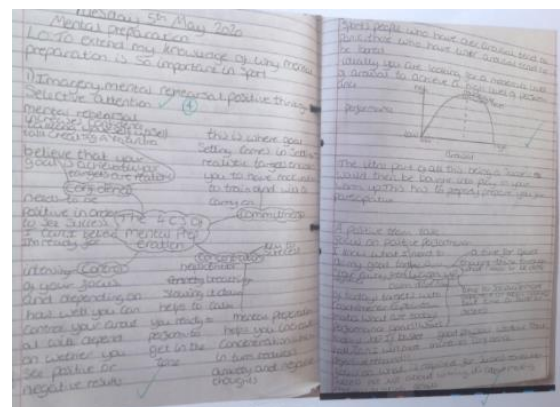
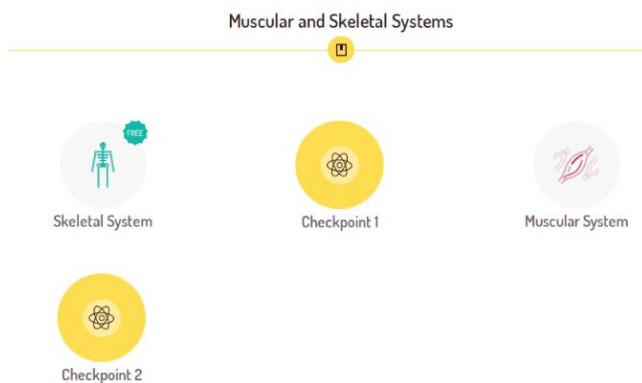


Sets 3 Reps 10 Rest 60sec

Send the dumbbell between your legs by hinging at the hips, then push your glutes forwards powerfully so you use hip drive to raise the dumbbell to shoulder height. Reverse the movement to the start and go straight into the next rep.

Day	Time	Activity
MONDAY	10:15 - 10:45	PUMP (WITH ITEMS FROM YOUR CLIPBOARDS) ABS
TUESDAY	10:30-11:15	LBT
WEDNESDAY	10:30-11:15	STRETCH
THURSDAY	10:30-11:00	AEROBICS
FRIDAY	10:30-11:15	LBT
SATURDAY	11:00-11:45	DANCE

In GCSE PE we have switched to a new learning platform called 'everlearner'. This has enabled pupils to access interactive resources, live teaching and also test their knowledge at different check points.



We have also continued to receive work of a high standard from our GCSE students. PE tips for students are to keep fit, keep working and keep safe.

