

PE Home Learning

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Write a biography on a sportsperson.	<p><b>Weekly</b> Live/Pre-recorded PE Lesson. <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>Competitions</b> Berkshire Schools Virtual Games – Fitness Frenzy Winter Olympics <a href="#">Virtual School Games – Get Berkshire Active</a></p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>DMS Online lessons – available on teams/folder</b></p> <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Football – part 1</li> <li>• Football – part 2</li> <li>• Dance</li> <li>• Netball</li> </ul> <p><b>Competitions</b> Berkshire Schools Virtual Games – Fitness Frenzy Winter Olympics <a href="#">Virtual School Games – Get Berkshire Active</a></p> <p><b>Written Work</b> Sports leaders Booklet Basketball Booklet</p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>DMS Online lessons – available on teams/folder</b></p> <ul style="list-style-type: none"> <li>• Co-ordination</li> <li>• Throwing for accuracy</li> <li>• Agility and balance</li> <li>• Reaction Test</li> <li>• Jumping for height</li> </ul> <p><b>Competitions</b> Berkshire Schools Virtual Games – Cricket OAA <a href="#">Virtual School Games – Get Berkshire Active</a></p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>Oak National Academy</b> <b>Week 1</b> – Introduction to running, jumping, and throwing. <a href="#">An introduction to running, jumping and throwing (thenational.academy)</a></p> <p><b>Week 2</b> – Running over obstacles and throwing for accuracy. <a href="#">Running over obstacles and throwing for accuracy (thenational.academy)</a></p> <p><b>Week 3</b>- Change direction and throwing with power and precision. <a href="#">Changing direction and throwing with power and precision (thenational.academy)</a></p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>Oak National Academy</b> <b>TBC</b></p>

					<p><b>Week 4</b> – Linking jumps and Throwing with a pulling action.  <a href="#">Linking jumps, and throwing with a pulling action</a>  <a href="#">(thenational.academy)</a></p> <p><b>Week 5</b> - Reactive jumping and throwing with a slinging action.  <a href="#">Reactive jumping, and throwing with a slinging action</a>  <a href="#">(thenational.academy)</a></p> <p><b>Week 6</b> – A introduction to throwing with a pushing action.  <a href="#">An introduction to throwing with a pushing action</a>  <a href="#">(thenational.academy)</a></p> <p><b>Week 7</b> - Dynamic warming up, and introducing the heave throwing action.  <a href="#">Dynamic warming up, and introducing the heave throwing action</a>  <a href="#">(thenational.academy)</a></p>	<p><b>Competitions</b>  Berkshire Schools  Virtual Games – TBC</p>
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<b>Year 6</b>	Choose a sportsperson and write a diary of their week.	<p><b>Weekly</b>          Live/Pre-recorded PE Lesson.  <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>Competitions</b>          Berkshire Schools          Virtual Games –          Fitness Frenzy          Winter Olympics  <a href="#">Virtual School Games – Get Berkshire Active</a></p>	<p><b>Weekly</b>          Live PE with Perch  <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>DMS Online lessons – available on teams/foldr</b></p> <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Football – part 1</li> <li>• Football – part 2</li> <li>• Dance</li> <li>• Netball</li> </ul> <p><b>Competitions</b>          Berkshire Schools          Virtual Games –          Fitness Frenzy          Winter Olympics  <a href="#">Virtual School Games – Get Berkshire Active</a></p> <p><b>Written Work</b>          Sports leaders Booklet          Basketball Booklet</p>	<p><b>Weekly</b>          Live PE with Perch  <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>DMS Online lessons – available on teams/foldr</b></p> <ul style="list-style-type: none"> <li>• Co-ordination</li> <li>• Throwing for accuracy</li> <li>• Agility and balance</li> <li>• Reaction Test</li> <li>• Jumping for height</li> </ul> <p><b>Competitions</b>          Berkshire Schools          Virtual Games –          Cricket          OAA  <a href="#">Virtual School Games – Get Berkshire Active</a></p>	<p><b>Weekly</b>          Live PE with Perch  <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>Oak National Academy Week 1 –</b> Introduction to running, jumping, and throwing.  <a href="#">An introduction to running, jumping and throwing (thenational.academy)</a></p> <p><b>Week 2 –</b> Running over obstacles and throwing for accuracy.  <a href="#">Running over obstacles and throwing for accuracy (thenational.academy)</a></p> <p><b>Week 3-</b> Change direction and throwing with power and precision.  <a href="#">Changing direction and throwing with power</a></p>	<p><b>Weekly</b>          Live PE with Perch  <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p> <p><b>Oak National Academy TBC</b></p>

[and precision](#)  
[\(thenational.academy\)](#)

**Week 4** – Linking jumps and Throwing with a pulling action.

[Linking jumps, and throwing with a pulling action](#)  
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**Week 5** - Reactive jumping and throwing with a slinging action.

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**Week 7** - Dynamic warming up, and introducing the heave throwing action.

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					<a href="#">heave throwing action (thenational.academy)</a>  <b>Competitions</b> Berkshire Schools Virtual Games – TBC	
<b>Year 7</b>	Research a sport, its history and how it has developed over time.	<b>Weekly</b> Live/Pre-recorded PE Lesson. <a href="https://teams.microsoft.com">https://teams.microsoft.com</a>  <b>Competitions</b> Berkshire Schools Virtual Games – Fitness Frenzy Winter Olympics <a href="#">Virtual School Games – Get Berkshire Active</a>	<b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a>  <b>DMS Online lessons – available on teams/foldr</b> <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Football – part 1</li> <li>• Football – part 2</li> <li>• Dance</li> <li>• Netball</li> </ul> <b>Competitions</b> Berkshire Schools Virtual Games – Fitness Frenzy Winter Olympics <a href="#">Virtual School Games – Get Berkshire Active</a>	<b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a>  <b>ompetitions</b> Berkshire Schools Virtual Games – Cricket OAA Cross Country <a href="#">Virtual School Games – Get Berkshire Active</a>	<b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a>  <b>Oak National Academy</b> <b>Week 1 – Agility</b> <a href="#">Agility (thenational.academy)</a>  <b>Week 2 – Speed and Agility</b> <a href="#">Speed and agility (thenational.academy)</a>  <b>Week 3 – Jumping for height</b> <a href="#">Jumping for height (thenational.academy)</a>  <b>Week 4 – Flexibility and core strength</b> <a href="#">Flexibility and core strength (thenational.academy)</a>	<b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a>  <b>Oak National Academy</b> <b>Week 1 – How is hand-eye coordination used in sport?</b> <a href="#">How is hand-eye coordination used in sport? (thenational.academy)</a>  <b>Week 2 - How is foot-eye coordination used in sport?</b> <a href="#">How is foot-eye coordination used in sport? (thenational.academy)</a>  <b>Week 3 - Moving in sport</b> <a href="#">Moving in sport (thenational.academy)</a>

			<p><b>Written Work</b> Anatomy and Physiology booklet Sports commentary Booklet</p>		<p><b>Week 5 –</b> Throwing for accuracy <a href="#">Throwing for accuracy (thenational.academy)</a> <b>Week 6 –</b> Balance <a href="#">Balance (thenational.academy)</a></p>	<p><b>Week 4 -</b> How is whole body coordination used in sport? <a href="#">How is whole body coordination used in sport? (thenational.academy)</a> <b>Week 5 -</b> How is decision-making used in sport? <a href="#">How is decision-making used in sport? (thenational.academy)</a>  <b>Week 6 -</b> How to overcome opponents in sport. <a href="#">How to overcome opponents in sport (thenational.academy)</a>  <b>Competitions</b> Berkshire Schools Virtual Games – TBC</p>
<b>Year 8</b>	Investigate what are the Invictus games.	<p><b>Weekly</b> Live/Pre-recorded PE Lesson. <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a></p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a>  <b>Oak National Academy</b></p>	<p><b>Weekly</b> Live PE with Perch <a href="https://teams.microsoft.com">https://teams.microsoft.com</a>  <b>Oak National Academy</b></p>

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						<p><a href="#">How is decision-making used in sport?</a> (thenational.academy)</p> <p><b>Week 6</b> - How to overcome opponents in sport. <a href="#">How to overcome opponents in sport</a> (thenational.academy)</p> <p><b>Competitions</b> Berkshire Schools Virtual Games – TBC</p>
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