

# Learning Guide

## Physical Education



w.c 18<sup>th</sup> May 2026

What is the remote learning guide?

Where students are unable to attend school due to, medical, or disciplinary reasons we will continue to provide resources to enable students to continue their education at home – we call this remote learning. We want to minimise the impact to your child’s education and therefore we have a plan to make sure learning can continue when they are unable to attend school.

We will be providing all teaching resources through Microsoft Teams. All students will be automatically placed in a Team for their classes in all subjects. Teachers will place all activities, including lessons and resources as files in these Teams. Pupils can access the Teams through their school email accounts. Teachers will also set homework and send messages to their pupils using MS Teams. All work will be available before the lesson is due to start.

You can see a summary of what is being taught each week through the remote learning guides that are shared on the school website every Friday. The guides are also shared with students on their year group’s MS Teams. Your child’s teachers will also be available via email to answer any questions or queries your child may have. The email address for the head of each department is also included within this guide if you need to contact them regarding any subject related issue.

Pupils are also regularly set tasks and can access resources using the following platforms:

- **GCSEPod** - <https://www.gcsepod.com/>
- **Bedrock learning** - <https://bedrocklearning.org/>
- **Seneca** - <https://senecalearning.com/en-GB/>
- **UpLearn** - [www.uplearn.co.uk](http://www.uplearn.co.uk)
- **Sparx Maths** - <https://sparxmaths.com/>

The following resources provide lessons created by the BBC and Department for Education that may be used with your children to extend their learning at school.

- **Oak National Academy** - <https://www.thenational.academy/>
- **BBC Bitesize Daily Lessons** - <https://www.bbc.co.uk/bitesize/dailylessons>

Studies show that reading for pleasure makes a big difference to children’s educational performance. We recognise that reading is vitally important to your child’s education. Please make sure your child reads approximately one book a week. Students may access online news resources using The Day - <https://theday.co.uk/> or they may borrow a book from the school library.

***Students record the passwords for these online resources in their school planner. If your child is unable to access the digital resources set by their teachers, please contact your child’s Year Manager or Year Coordinator or the school directly using this email address: [enquiry@holte.bham.sch.uk](mailto:enquiry@holte.bham.sch.uk)***

**Head of Department:** Mrs N Green – [n.green@holte.bham.sch.uk](mailto:n.green@holte.bham.sch.uk)

**What is your child learning this term?**

***Girls***

Girls will focus for this half term on the following sports; athletics and rounders. In athletics pupils will be learning about the different techniques used in both track and fielding events in preparation for sports day. In rounders, pupils will be learning about the different striking and fielding tactics in a rounders game. Pupils will also develop their throwing and catching skills.

***Boys***

Boys will focus for this half term on the following sports; athletics and cricket.

In athletics pupils will be learning about the different techniques used in both track and fielding events in preparation for sports day. In cricket, pupils will be learning about the different striking and fielding tactics in a cricket game. Pupils will also develop their throwing and catching skills.

Pupils will be encouraged to take part in extra-curricular activities to help support their PE development. Pupils may also benefit from watching sport on youtube/tv and keeping up to date with current sporting knowledge through The Day newspaper.

<b>Class</b>	<b>Teacher</b>	<b>Lessons, including homework deadlines &amp; resources</b>
7PEg1	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7Peg2	HAA	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7Peg3	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7PEg5	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7Peg6	HAA	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7Peg7	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7PEb1	CCW	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7PEb2	REG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7PEb3	MAJ	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7PEb5	REG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7PEb6	MIR	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
7PEb7	MAJ	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.

## Year 8

**Head of Department:** Mrs N Green – [n.green@holte.bham.sch.uk](mailto:n.green@holte.bham.sch.uk)

### What is your child learning this term?

#### **Girls**

Girls will focus for this half term on the following sports; athletics and rounders. In athletics pupils will be learning about the different techniques used in both track and fielding events in preparation for sports day. In rounders, pupils will be learning about the different striking and fielding tactics in a rounders game. Pupils will also develop their throwing and catching skills.

#### **Boys**

Boys will focus for this half term on the following sports; athletics and cricket.

In athletics pupils will be learning about the different techniques used in both track and fielding events in preparation for sports day. In cricket, pupils will be learning about the different striking and fielding tactics in a cricket game. Pupils will also develop their throwing and catching skills.

Pupils will be encouraged to take part in extra-curricular activities to help support their PE development. Pupils may also benefit from watching sport on youtube/tv and keeping up to date with current sporting knowledge through The Day newspaper.

Class	Teacher	Lessons, including homework deadlines & resources
8PEg1	HAA/TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8Peg2	NHG/ MAJ	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8Peg3	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8PEg5	NHG/CCW	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8Peg6	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8Peg7	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8PEb1	PMH	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8PEb2	CCW	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8PEb3	MIR	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8PEb5	PMH	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8Peb6	MAJ/MIR	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
8Peb7	REG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.

## Year 9

**Head of Department:** Mrs N Green – [n.green@holte.bham.sch.uk](mailto:n.green@holte.bham.sch.uk)

### What is your child learning this term?

#### **Girls**

Girls will focus for this half term on the following sports; athletics and rounders. In athletics pupils will be learning about the different techniques used in both track and fielding events in preparation for sports day. In rounders, pupils will be learning about the different striking and fielding tactics in a rounders game. Pupils will also develop their throwing and catching skills.

#### **Boys**

Boys will focus for this half term on the following sports; athletics and cricket.

In athletics pupils will be learning about the different techniques used in both track and fielding events in preparation for sports day. In cricket, pupils will be learning about the different striking and fielding tactics in a cricket game. Pupils will also develop their throwing and catching skills.

Pupils will be encouraged to take part in extra-curricular activities to help support their PE development. Pupils may also benefit from watching sport on youtube/tv and keeping up to date with current sporting knowledge through The Day newspaper.

#### **Year 9 CNAT**

Pupils will begin an introduction to CNAT Sport Studies. Pupils shall get an overview of each of the units they shall study. Pupils shall then begin with Unit R185: Sports leadership and practical sport. Pupils shall begin by learning the difference between a team and individual sport. Pupils shall look at the characteristics involved in both team and individual sports and begin to rate their own sporting performance before looking at how they can improve their skills for their chosen sport.

<b>Class</b>	<b>Teacher</b>	<b>Lessons, including deadlines &amp; resources</b>
9PEg1	HAA/NHG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9Peg2	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9Peg3	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9PEg5	TSS/NHG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9Peg6	HAA	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9Peg7	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9PEb1	MAJ/REG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9PEb2	MIR	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.

9PEb3	CCW	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9PEb5	MAJ/REG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9Peb6	MIR	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
9Peb7	CCW	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
Year 9 CNAT	PMH/NHG	Practical lesson – pupils are continuing to complete team and individual sports to work out their best team and individual sport.
Year 9 CNAT	REG	Unit R185 – Pupils will continue to analyse their strengths and weaknesses for their chosen sports. They will justify the ratings they have given themselves by giving a detailed explanation of their scores.

<b>Year 10</b>
<b>Head of Department:</b> Mrs N Green – <a href="mailto:n.green@holte.bham.sch.uk">n.green@holte.bham.sch.uk</a>
<b>What is your child learning this term?</b>
<p><b><i>Girls</i></b></p> <p>Within PE at Key Stage 4 pupils are given more choice about the sports that they can study. For the first half term the girls shall be focusing their lessons on three key themes these include; enjoyment, co-operation, competition. Pupils will choose during the half term which theme they would like to study and select a sport to focus on for that theme. For enjoyment pupils shall be discovering a love for that sport, and learning how to umpire/officiate that game. For co-operation pupils shall be developing their team work and communication skills. For competition pupils shall be developing their sportsmanship and teamwork skills.</p> <p><b><i>Boys</i></b></p> <p>Within PE at Key Stage 4 pupils are given more choice about the sports that they can study. For the first half term the boys shall be focusing their lessons on three key themes these include; enjoyment, mental challenge and health and fitness. Pupils will choose during the half term which theme they would like to study and select a sport to focus on for that theme. For enjoyment pupils shall be discovering a love for that sport, and learning how to umpire/officiate that game. For mental challenge pupils shall be learning to develop tactics/strategies to help beat their opponent. For health and fitness pupils shall be learning how to lead a healthy active lifestyle.</p> <p>Pupils will be encouraged to take part in extra-curricular activities to help support their PE development. Pupils may also benefit from watching sport on youtube/tv and keeping up to date with current sporting knowledge through The Day newspaper.</p> <p><b>Year 10 CNAT</b></p> <p>This half term students will be completing their final R185 sports leadership assignment. Within lessons pupils will be reflecting and evaluating on their delivery of a lesson to highlight areas which went well and areas which could be developed in the future.</p>

Class	Teacher	Lessons, including homework deadlines & resources
10PEg1	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEg2	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEg3	NHG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEg5	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEg6	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEg7	HAA	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEb1	CCw	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEb2	MIR	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEb3	PMH	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEb5	REG/ MAJ	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEb6	CCW	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
10PEb7	PMH	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
Y10 CNAT	CCW	Pupils will be completing their R185 sports leadership assignment amendments.
Y10 CNAT	TSS	Pupils will be completing their R185 sports leadership assignment amendments.

<b>Year 11</b>
<b>Head of Department:</b> Mrs N Green – <a href="mailto:n.green@holte.bham.sch.uk">n.green@holte.bham.sch.uk</a>
<b>What is your child learning this term?</b>
<p><b>Girls</b></p> <p>Within PE at Key Stage 4 pupils are given more choice about the sports that they can study. For the first half term the girls shall be focusing their lessons on three key themes these include; enjoyment, co-operation, competition. Pupils will choose during the half term which theme they would like to study and select a sport to focus on for that theme. For enjoyment pupils shall be discovering a love for that sport, and learning how to umpire/officiate that game. For co-operation pupils shall be developing their team work and communication skills. For competition pupils shall be developing their sportsmanship and teamwork skills.</p> <p><b>Boys</b></p> <p>Within PE at Key Stage 4 pupils are given more choice about the sports that they can study. For the first half term the boys shall be focusing their lessons on three key themes these include;</p>

enjoyment, mental challenge and health and fitness. Pupils will choose during the half term which theme they would like to study and select a sport to focus on for that theme. For enjoyment pupils shall be discovering a love for that sport, and learning how to umpire/officiate that game. For mental challenge pupils shall be learning to develop tactics/strategies to help beat their opponent. For health and fitness pupils shall be learning how to lead a healthy active lifestyle.

Pupils will be encouraged to take part in extra-curricular activities to help support their PE development. Pupils may also benefit from watching sport on youtube/tv and keeping up to date with current sporting knowledge through The Day newspaper.

### **Year 11 CNAT**

You will be revising for R184 – Contemporary Issues in Sport, which is your exam unit. This covers important topics such as health and wellbeing, barriers to participation, equality and inclusion, ethics in sport, the role of governing bodies, and how technology and media influence sport. By studying these issues, you will understand how sport impacts society and how organisations work to make sport fair, accessible, and enjoyable for everyone. Together, these units give you both practical experience and theoretical knowledge, preparing you for success in your exam and future opportunities in sport

<b>Class</b>	<b>Teacher</b>	<b>Lessons, including homework deadlines &amp; resources</b>
11PEg1	HAA	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEg2	TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEg3	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEg5	HAA	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEg6	NHG/TSS	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEg7	AGG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEb1	PMH	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEb2	REG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEb3	MIR	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEb5	REG	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEb6	PMH	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.
11PEb7	CCW	Pupils will need to complete the any section of the theory booklet. If pupils are fit and able they can also complete a netflex workout.

Y11 CNAT	PMH	Pupils have finished their course. They will be able to use their time to complete revision for other subjects.
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## 6<sup>th</sup> Form

**Head of Department:** Mrs N Green – [n.green@holte.bham.sch.uk](mailto:n.green@holte.bham.sch.uk)

### What is your child learning this term?

#### Year 13 Single Sport

Pupils shall be focusing on their resit examination for Unit 1; body systems. Pupils shall be revising all content previously studied including; the skeletal system, the muscular system, the cardiovascular system, the respiratory system and the energy systems. Pupils also need to know the short and long term effects of exercise for each of these systems.

#### Year 12 Duke of Edinburgh

Physical – Pupils shall complete one hour of physical activity per week (cycling or football)

Skills – Pupils shall complete a British Sign Language course and expedition training in preparation for their upcoming expeditions

Volunteering – Pupils shall complete one hour of volunteering within school

#### Year 12 Sports Leaders

Class	Teacher	Lessons, including homework deadlines & resources
Y12 Single	REG	Pupils will be independently completing their P3 assignments for Unit 8.
Y12 Single	PMH	Pupils will begin Unit 1 examination content. Pupils shall look at the skeletal system the main bones of the humna body and their purpose.
Y12 Sports Leaders	HAA	Unit 6 – Students are still required to complete and deliver session plans; after delivery they must complete evaluation of their own performance and peers should have sent their evaluation on what they had observed. Student who delivered the session are responsible to ensure the adult who has observed has provided a copy of their feedback for the student to type into their LER.  Students work will be assessed and feedback provided specific to where amendments need to be made to pass unit 2 and 3
Y12 Duke of Edinburgh	NHG	Physical – pupils shall complete 1 hour of physical exercise (cycling/football) Skills – pupils shall complete 1 hour of expedition training Volunteering – pupils shall complete 1 hour of volunteering
Y13 Single	REG	Pupils have finished their course. They will be able to use their time to complete revision for other subjects.

Y13 Single	NHG	Pupils have finished their course. They will be able to use their time to complete revision for other subjects.