

Remote Learning Guide

Physical Education



w.c 14th September 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
- **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

Year 7

Head of Department: Mrs N Green – n.green@holte.bham.sch.uk

What is your child learning this term?

Girls

Will complete baseline testing in PE where we shall be looking at the fundamentals of movement. We shall be focusing on skills such as throwing, catching, running, striking and fielding.

Through the later end of half term the girls shall be focusing on badminton and handball, learning the rules of handball, throwing and catching in handball and how to attack and defend in handball. Within badminton the girls shall be focusing on developing a range of basic badminton skills, including serving, forehand and backhand shots, and movement around the court.

Boys

Will complete baseline testing in PE where we shall be looking at the fundamentals of movement. We shall be focusing on skills such as throwing, catching, running, striking and fielding.

Through the later end of half term the boys shall be focusing on gymnastics and football. The students will be focusing on developing a range of basic football skills, including passing, dribbling, shooting, and maintaining possession of the ball. The students will also be focusing on developing a range of basic gymnastics skills, including balance, coordination, flexibility, and performing simple movements and sequences safely and effectively.

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
7PEg1	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.
7Peg2	NHG/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.
7PEg5	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.
7Peg6	HAA/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.
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/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.
7PEb5	CCW/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	AGG/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.

Year 8		
Head of Department: Mrs N Green – 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; badminton and handball. In badminton pupils shall learn the correct technique for serving, as well as attacking and defending shots. In handball pupils shall learn the correct technique to throw and catch as well as attacking and defending skills. Boys Boys will focus for this half term on the following sports; football and basketball. In basketball pupils shall learn the correct technique to throw and dribble in basketball, as well as attacking and defending skills. In football pupils shall learn the correct technique to pass the ball, as well how to shoot accurately, and both attacking and defending 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	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.
8PEg2	HAA/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	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.
8PEg6	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	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.
8PEb2	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.
8PEb5	REG/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	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		
Head of Department: Mrs N Green – n.green@holte.bham.sch.uk		
What is your child learning this term?		
Girls Girls will focus this half term on badminton and handball. In badminton, pupils will refine their serving techniques and develop a range of attacking and defensive shots, including clears,		

drops, smashes and net play, while improving their tactical awareness and court positioning. In handball, pupils will develop advanced passing and catching techniques, apply a variety of attacking and defensive strategies, and improve their decision-making, movement, and teamwork within competitive game situations.

Boys

Boys will focus this half term on football and basketball, developing both their technical ability and tactical understanding. In basketball, pupils will refine their dribbling, passing and shooting techniques while applying a range of attacking and defensive strategies to maintain possession, create scoring opportunities and defend effectively in competitive game situations. In football, pupils will develop the accuracy and consistency of their passing and shooting, improve their ball control and movement off the ball, and apply attacking and defensive principles to support team performance during match play.

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 deadlines & resources
9PEg1	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.
9Peg2	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.
9PEg5	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.
9Peg6	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.
9PEb1	PMH/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.
9PEb2	CCW/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.
9PEb5	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.
9Peb6	CCW/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 10
Head of Department: Mrs N Green – n.green@holte.bham.sch.uk
What is your child learning this term?
<i>Girls</i>

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.

Boys

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.

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 10 CNAT

This half term students will be completing their first two assignments on Outdoor Adventurous Activities . Within lessons students will be exploring the different types of OAA activities their provision within the UK and the correct equipment that is needed for each activity. Pupils will also research the developed technology for each outdoor adventurous activity.

Class	Teacher	Lessons, including homework deadlines & resources
10PEg1	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.
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.
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.
10PEb1	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.
10PEb2	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.
10PEb5	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.
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.

Y10 CNAT	NHG/PMH	
Y10 CNAT	REG	Pupils will continue their research of local and national providers for their chosen OAA activities (abseiling, paragliding, optional choice). Pupils will then be introduced to the task 1 assignment.

Year 11		
Head of Department: Mrs N Green – n.green@holte.bham.sch.uk		
What is your child learning this term?		
Girls 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. Boys 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. 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		
Class	Teacher	Lessons, including homework deadlines & resources
11PEg1	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.

11Peg2	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	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.
11Peg6	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.
11PEb1	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.
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.
11PEb5	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.
11Peb6	PMH/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.
Y11 CNAT	TSS	Pupils will be learning about the different barriers to participation for a variety of user groups.
Y11 CNAT	CCW	Pupils will be learning about the different barriers to participation for a variety of user groups.

6 th Form	
Head of Department: Mrs N Green – n.green@holte.bham.sch.uk	
What is your child learning this term?	
Year 12 Single Sport This term pupils will be focusing on Unit 2 Sports Coaching and Leadership. Learning the roles and responsibilities of sports coaches and activity leaders. Pupils will show an understanding of the principles which underpin coaching and leading. Pupils will be able to plan sports activity sessions and safely prepare the environments they will use to coach. Finally, they will be able to deliver sports activity sessions and review the success of how well they went. Year 13 Single Sport This term pupils will be focusing on Unit 1; Body systems and the effects of physical activity. Pupils will need to understand the skeleton, joints, muscles, heart, blood, impact of training and energy systems. Pupils will need to know and understand these topics in detail and be able to apply them to sport. Pupils will sit an external examination in January 2027. Year 12 DofE 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 Unit 6 –	

6.1 - Planning and delivering 2 session plans to 1 of selected user groups identified in unit 3; sessions need to show progression, regression and inclusivity
 6.2 - Leadership logbook to be detailed on 12 hours of voluntary hours completed – students need to reach out to PE dept to support and deliver some aspects of session.

Unit 3 – Researching sports initiatives and campaigns and their purpose with impact

Class	Teacher	Lessons, including homework deadlines & resources
Y12 Single	NHG	
Y12 Single	PMH	
Y13 Single	REG	Unit 2 – Pupils will continue to make amendments to Assignments 1, 2 & 3 coursework.
Y13 Single	NHG	
Y12 DofE	NHG	
Y12 Sports Leaders	HAA/AGG	Unit 1 – Students will be learning about leadership skills and behaviours, and what is needed for effective, inclusive leadership. Unit 6 – Students creating and developing ideas for pulse raiser and fun warm-up games; understanding how to progress/regress and make sessions inclusive to participants