

# Remote Learning Guide

## Physical Education



w.c 9<sup>th</sup> March 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)***

<b>Year 7</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>

### **Girls**

Girls will focus for this half term on the following sports; netball, table tennis and basketball. In netball pupils shall learn the correct technique for passing and shooting as well as attacking and defending skills. In table tennis pupils shall learn the correct technique to serve as well as attacking and defending shots. In basketball pupils shall be learning attacking and defending skills as well as the correct shooting technique for basketball.

### **Boys**

Boys will focus for this half term on the following sports; gymnastics, basketball, dodgeball and fitness.

In gymnastics pupils shall learn the basic balances, shapes and turns that are used in gymnastics as well as how to put these into a performance and evaluate a gymnastic performance. 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. In dodgeball pupils shall learn the correct technique for throwing, catching and dodging as well as tactical game play. In fitness pupils shall be learning about the different components of fitness and how to train for those components 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.

<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.
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<b>Year 8</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>		
<b>Girls</b>		
<p>Girls will focus for this half term on the following sports; netball, table tennis and basketball. In netball pupils shall learn the correct technique for passing and shooting as well as attacking and defending skills. In table tennis pupils shall learn the correct technique to serve as well as attacking and defending shots. In basketball pupils shall be learning attacking and defending skills as well as the correct shooting technique for basketball.</p>		
<b>Boys</b>		
<p>Boys will focus for this half term on the following sports; football, basketball, dodgeball and fitness.</p> <p>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. In dodgeball pupils shall learn the correct technique for throwing, catching and dodging as well as tactical game play. In fitness pupils shall be learning about the different components of fitness and how to train for those components safely and effectively.</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>		
<b>Class</b>	<b>Teacher</b>	<b>Lessons, including homework deadlines &amp; resources</b>
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.

<b>Year 9</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>		
<b><i>Girls</i></b>		
<p>Girls will focus for this half term on the following sports; netball, table tennis and basketball. In netball pupils shall learn the correct technique for passing and shooting as well as attacking and defending skills. In table tennis pupils shall learn the correct technique to serve as well as attacking and defending shots. In basketball pupils shall be learning attacking and defending skills as well as the correct shooting technique for basketball.</p>		
<b><i>Boys</i></b>		
<p>Boys will focus for this half term on the following sports; football, basketball, dodgeball and fitness.</p> <p>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. In dodgeball pupils shall learn the correct technique for throwing, catching and dodging as well as tactical game play. In fitness pupils shall be learning about the different components of fitness and how to train for those components safely and effectively.</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>		
<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 10

**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***

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 R185 sports leadership. Within lessons pupils will learn how to develop your skills as both a performer, in

two different sporting activities, and as a leader in one activity. As a leader they will have the opportunity to plan, lead and review safe and effective sporting activity sessions.

<b>Class</b>	<b>Teacher</b>	<b>Lessons, including homework deadlines &amp; resources</b>
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 R187 Assignment 1 and 4 amendments.
Y10 CNAT	TSS	Pupils will be completing R187 Assignment 2 and 3 amendments.

## Year 11

**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**

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

**R185 unit – Performance and Leadership in Sports Activities**, which focuses on practical skills and leadership. In this unit, you learn how to improve your own performance in two chosen sports, plan and lead a safe and effective sports session, and reflect on how well you delivered it. This helps you develop confidence, communication, and organisational skills that are essential for coaching and leadership roles.

At the same time, 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	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	

## 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 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 10 Biomechanics, pupils shall be evaluating their own performance and looking in detail about how to improve their sports performance. They shall also create an action plan which shall aim to help improve their performance. Pupils will also be making corrections to coursework for Unit 2 Sports Coaching and Activity Leadership and Unit 8 Sports Organisation.

#### Year 12 Duke of Edinburgh

This term the pupils will be focusing on map skills within their expedition lessons. The skills they will be learning include basic orientation, contour lines and calculating distance. Within their skills lessons

pupils shall be completing a basic first aid qualification. Within their volunteering lessons pupils shall be volunteering in departments.

### **Year 12 Sports Leaders**

This term pupils will be focusing on Unit 5 where they will be required to plan, lead and evaluate a progressive series of inclusive sport/activity events. Throughout this unit pupils will develop an understanding of the different sports/activity events. Pupils will learn how to plan an inclusive sports/activity event, they will develop their ability to lead a sports/activity event and they will finally develop the skill of evaluating a sports/activity event effectively.

<b>Class</b>	<b>Teacher</b>	<b>Lessons, including homework deadlines &amp; resources</b>
Y12 Single	REG	
Y12 Single	PMH	
Y12 Sports Leaders	REG	
Y12 Sports Leaders	HAA	
Y12 Duke of Edinburgh	NHG	Physical – pupils will be completing their 1 hour physical activity Skills – Pupils will be completing their 1 hour sign language course Volunteering – Pupils will be completing their 1 hour volunteering in departments
Y13 Single	REG	
Y13 Single	NHG	Pupils shall be making corrections to Unit 10 Biomechanics.