**Highsted Tutoring programme**

**Physical Education**

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|  | **Year 7/8/9 Skill Focus** | **Video Resource** | **Assignment** |
| **WEEK 1** | **Outwitting opponents:**  Coordination – hand-eye coordination through work on Ball toss test. | <https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EYnt6Os1_sFBiHMEmRhSLhABp1d7WQnc25R6TYRj_Db2Rw?e=TxwZ9I> | Challenge 1 :Hand eye coordination |
| **WEEK 2** | **Outwitting opponents:**  Coordination – hand-eye coordination through work on catching and throwing | [**https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/Ecm1nxkEFdlHvf\_qSqtqufUBLd5WM7\_2V7Pecy17ukDhbw?e=E2XRSC**](https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/Ecm1nxkEFdlHvf_qSqtqufUBLd5WM7_2V7Pecy17ukDhbw?e=E2XRSC) | Challenge 2: Catching and throwing |
| **WEEK 3** | **Outwitting opponents: Challenge 3**  Coordination – hand-eye coordination through work on target throwing. | [**https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EeHCHHhC1MVMkCqWqS\_4MhYB1t8NfOzufRLiCot2xCMh2A?e=5bDZHP**](https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EeHCHHhC1MVMkCqWqS_4MhYB1t8NfOzufRLiCot2xCMh2A?e=5bDZHP) | Challenge 3: Target throwing |
| **WEEK 4** | **Outwitting opponents: Challenge 4**  Coordination – hand-eye coordination through work on juggling tasks. | [**https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EY6cPhw5QitBqy2S4LycDYwBfd1iArEfOlKBdEIOmMIXcg?e=ElzUIN**](https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EY6cPhw5QitBqy2S4LycDYwBfd1iArEfOlKBdEIOmMIXcg?e=ElzUIN) | Challenge 4: Juggling |
| **WEEK 5** | **Outwitting opponents: Challenge 4(continued)**  Coordination – hand-eye coordination through work on juggling tasks. | [**https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EY6cPhw5QitBqy2S4LycDYwBfd1iArEfOlKBdEIOmMIXcg?e=ElzUIN**](https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EY6cPhw5QitBqy2S4LycDYwBfd1iArEfOlKBdEIOmMIXcg?e=ElzUIN) | Challenge 5: Juggling part 2 |
| **WEEK 6** | **Sport specific:**  Netball – work on positions and areas of the court positions allowed | [**https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EQ9JNN-XOaZDoYE53LDeqRwByxvxO\_qdhquZsy-IHh1\_Aw?e=5YnTwx**](https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EQ9JNN-XOaZDoYE53LDeqRwByxvxO_qdhquZsy-IHh1_Aw?e=5YnTwx) | Challenge 6: Netball positions |
| **WEEK 7** | **Knowledge of rules:**  Netball – footwork, centre pass and | [**https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EY9syEFYb7VCs0CzOgazazMBHqsM-jAh7MUlI8dyuoRoGQ?e=WR1gtG**](https://highstedkentschuk.sharepoint.com/:p:/s/PEDepartment/EY9syEFYb7VCs0CzOgazazMBHqsM-jAh7MUlI8dyuoRoGQ?e=WR1gtG) | Challenge 7: Netball rules |

**Student Identification:**

Students will be identified in each year group from assessment data via class teacher. Students will be advised to use the online resources to develop areas of physical and skill related components of fitness.

**Activities:**

Once resources have been reviewed by the students identified with gaps- an activity will be available for the students to practice the skill/component of fitness.

**Evaluation of Impact:**

The class teacher will review the forms sheet and look at the student in the area of activity that the component of fitness/skill or rules links to when student is involved in that activity