

# ST THOMAS AQUINAS

## ONLINE LEARNING

### PHYSICAL EDUCATION

#### BROAD GENERAL EDUCATION - S2



The Health & Wellbeing of our young people is extremely important to us. As well as completing our weekly tasks, we would encourage all pupils to stay active and exercise regularly.

#### Where can you find the PE work?



Your son/daughter is part of a Microsoft team. Every Monday the work for the following week is posted on the teams page. The work is stored under the 'Files' section, pupils can revisit any work they have missed here.



#### What sort of work will your child be completing?

Each week we send out 1 written task which focuses on an important topic in PE, these topics are based on either Health and Wellbeing or on factors which impact performance in sport, e.g., creativity or stamina. The written tasks can be completed on paper or online and should be submitted via the assignments tab on teams every Friday.

We will also set 2 practical challenges each week. These challenges will centre around individual skills and fitness, however, we would encourage pupils to involve family members in the challenges. Your child can submit their results to each challenge via Microsoft forms every Friday.

There is also an optional PE quiz each week which pupils can take part in. The details for this are posted on teams every week.



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