

SPORT AT KING'S

A guide to remaining active during Remote Learning

RESILIENCE

PASSION

AMBITION

WORK RATE

The Programme - Preparatory School

King's Sport

Remote Learning

Year Group	Lessons	Staff i/c	Midsummer Part I Themes									
			Week 1		Week 2		Week 3		Week 4		Week 5	
Yr 4	Mon + Wed	JW, JT	Agility	Catch/ Pass Skills	Balance	Catch/Pass Skills	CV	Hand/Eye Coordinaton	Speed (intervals)	Foot/Eye Coordinaton	Muscular Endurance	Skills Circuit (timed)
Yr 5	Wed + Fri	LD, ACW, JW	Agility	Catch/ Pass Skills	Balance	Catch/Pass Skills	CV	Hand/Eye Coordinaton	Speed (intervals)	Foot/Eye Coordinaton	Muscular Endurance	Skills Circuit (timed)
Yr 6	Wed + Fri	GJM, SJP, MJH	Agility	Catch/ Pass Skills	Balance	Catch/Pass Skills	CV	Hand/Eye Coordinaton	Speed (intervals)	Foot/Eye Coordinaton	Muscular Endurance	Skills Circuit (timed)
Yr 7	Mon + Wed	GJM, JW, JT	Agility	Catch/ Pass Skills	Balance	Catch/Pass Skills	CV	Foot/Eye Coordinaton	Speed (intervals)	Create + Nominate	Muscular Endurance	Create + Nominate
Yr 8	Mon + Wed	LD, SJP, ACW	Agility	Catch/ Pass Skills	Balance	Catch/Pass Skills	CV	Foot/Eye Coordinaton	Speed (intervals)	Create + Nominate	Muscular Endurance	Create + Nominate

The Programme - Senior School

King's Sport

Remote Learning

Year Group	Lessons	Staff i/c	Midsummer Part I Themes									
			Week 1		Week 2		Week 3		Week 4		Week 5	
Remove	Tues + Thurs	AJRi, GJM, HLC	Agility	Catch/Pass Skills	Speed (intervals)	Hand/Eye Coordinaton	CV/ Muscular Endurance	Foot/Eye Coordinaton	Muscular Endurance	Create + Nominate	Total Work out	Create + Nominate
Lower 5th	Tues + Thurs	DGT, ACW	Agility	Catch/Pass Skills	Speed (intervals)	Hand/Eye Coordinaton	CV/ Muscular Endurance	Foot/Eye Coordinaton	Muscular Endurance	Create + Nominate	Total Work out	Create + Nominate
Upper 5th	Tues + Thurs	SJP, MJH	Agility	Catch/Pass Skills	Speed (intervals)	Hand/Eye Coordinaton	CV/Muscular Endurance	Foot/Eye Coordinaton	Muscular Strength	Create + Nominate	Total Work out	Create + Nominate
Lower 6th	Tues + Thurs	DAS, HLC, MJH	Agility	Catch/Pass Skills	Speed (intervals)	Hand/Eye Coordinaton	CV/Muscular Endurance	Foot/Eye Coordinaton	Muscular Strength	Create + Nominate	Total Work out	Create + Nominate
Upper 6th	Tues + Thurs	DAS, HLC, MJH	Agility	Catch/Pass Skills	Speed (intervals)	Hand/Eye Coordinaton	CV/Muscular Endurance	Foot/Eye Coordinaton	Muscular Strength	Create + Nominate	Total Work out	Create + Nominate

The How

Sports staff will post training ideas and skill challenges on the Google Classroom pages for each year group.

Posts will appear on normal Games lessons days (as shown in the programme)

Each week a skill challenge will be set, as well as a training session targeting specific components of fitness.

You are encouraged to engage as much as possible and to share your progress.

The How

Some of the challenges will encourage you to record yourself performing the task, then post the result.

You should ensure the following -

You only record yourself and no-one else should be seen in the clip.

You are appropriately dressed during the recording

Your language is appropriate and your behaviour mirrors that of a normal school PE lesson.

Your video recording will remain on the feed for 24 hours, after-which it will be deleted by a member of staff.

Online Resources - Prep School

As well as taking part in our weekly challenges and training programmes, you may wish to use the following online resources as well -

- The body coach - Kids Workouts

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

- NHS Active 10 app

<https://www.nhs.uk/oneyou/active10/home>

- Fitness Blender - Kids Workout

https://www.youtube.com/watch?v=McD6_oOWs-M

- NHS Cough to 5K app

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k>

Online Resources - Senior School

- Strava app - running and cycling tracking

<https://www.strava.com/mobile>

- Map My Run - running tracking

<https://www.mapmyrun.com/>

- Glo - yoga, pilates and meditation app (highly rated)

<https://apps.apple.com/us/app/glo-yoga-and-meditation/id1023475268>

- 12 minute Athlete - HIIT workout programmes that can be done with minimal equipment

https://www.youtube.com/channel/UCVjM-zV6_opMDx7WYxnjZiQ

- Saracens Academy JAD movements - body weight movements to aid athletic development in junior athletes

<https://www.youtube.com/watch?v=pstRWKw5j1M&list=PLL7JZtCBH0PCZNvY8mRwyqL1VlfjK5k2j&index=2>

- Zumba Fitness App - high energy workouts using dance/zumba

<https://apps.apple.com/us/app/zumba-fitness/id628664477>

Sporting Films, Programmes and Documentaries

BT Sports feature films and documentaries (subscription needed)

- No Hunger in Paradise

Amazon Prime documentaries

- All or Nothing Series
- Inside Borussia Dortmund
- The Test
- The Edge
- Andy Murray: Resurfacing

Netflix

- Coach Carter
- Fittest on earth: A decade of fitness
- Icarus

Social Media Accounts to follow nutrition

Instagram

- @tomblissfit
- @richtidmarsh
- @courtneypruce
- @nutrition.for.energy

Twitter

- @thebodycoach
- @UKWomensHealth
- @MensHealthUK

“WORK HARD, PLAY HARD, LOOK AFTER EACH OTHER.”





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