

Welcome



Happier



Healthier



More Active



- This session, including breakouts will be recorded



- Please turn your **camera on** and **mute on** (until breakout rooms)



- Type questions into the chat function



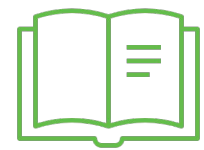
- We understand that people are working from home and the distractions that go with it!

Oak National Academy

Kate Thornton-Bousfield
Head of PE and Achievement Youth Sport Trust
Subject Leader Secondary PE Oak National
Academy



OAK
NATIONAL
ACADEMY



Lessons and more

- Around 10,000 lessons
- Downloadable slides and worksheets
- Curriculum maps



Curriculum

- Reception to Year 11
- 20 subjects
- 600 lessons for specialist settings



Teacher feedback

- Reduced workload
- Improving quality of teaching and learning
- 86% would recommend

75,000,000

Oak lessons delivered to pupils



DfE's New Guidance:

You don't need to always use live teaching

When teaching pupils remotely, we expect schools to:

- set meaningful and ambitious work each day in an appropriate range of subjects
- provide teaching that is equivalent in length to the core teaching pupils would receive in school. This will include both recorded or live direct teaching time and time for pupils to complete tasks and assignments independently, and will be as a minimum:
 - Key Stage 1: 3 hours a day on average across the cohort, with less for younger children
 - Key Stage 2: 4 hours a day
 - Key Stages 3 and 4: 5 hours a day

Online video lessons do not necessarily need to be recorded by teaching staff at the school: **Oak National Academy** lessons, for example, can be provided in lieu of school-led video content.





Oak National Academy

Online Classroom

Nearly 10,000 free video lessons, resources and activities, covering most subjects, from Reception to Year 11

[Find Lessons](#)

Browse the classroom

[Subjects](#)[Schedule](#)[Search](#)[Specialist](#)

Downloadable and editable resources are now available!

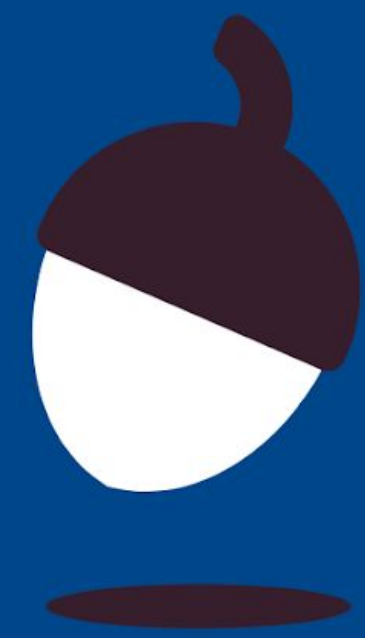
Plan lessons with Oak's curriculum browser



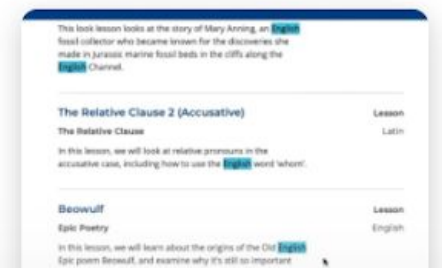
Or browse the curriculum

By subject

By key stage



What's new?



Browse all our lessons and resources

Designed to ease your planning, our new teachers-only hub lets you browse Oak's full curriculum of lessons, slides and





Physical Education

Suggested units by key stage / setting



Key Stage 1

Key Stage 2

Key Stage 3

Suggested units by year group

We will be sequencing lessons by year group in our [Oak timetable](#). Here you can browse by year to see how the lessons are sequenced, but you are free to use each lesson or unit irrespective of that timetable.

Y1 Physical Education

Y2 Physical Education

Y3 Physical Education

Y4 Physical Education





Key Stage 3 > Subjects

Units: Physical Education

Below you'll find the units for Key Stage 3 Physical Education. You can view the units, and individual lessons with units, and access resources to edit or download. You can also download the Key Stage 3 Physical Education curriculum map to edit or pr... ▼

Physical Education Curriculum (PDF)

Physical Education Curriculum (DOCX)

15 units

Suggested order ▼

Filter these units



1. Health related exercise activity: components of fitness

6 lessons

2. Dance activity: an introduction to choreographic processes, devices

0 lessons
of 6
planned



Lesson overview: How can we train muscular endurance?

[View in classroom](#)

In this lesson, we will learn what muscular endurance is and develop an understanding of how to train, focusing on it. We will learn how to use circuit training as a training method and apply this to shadow boxing and martial arts. Please note this lesson will require some physical exercise and additional equipment, beyond a pen, pencil or paper. Please see the equipment slide near the start of the lesson video and make sure your child is adequately supervised when equipment is required. Parents and carers are responsible for ensuring that children follow the correct safety advice provided at the start of this lesson and the instructions the teacher gives during the lesson. Parents and carers are responsible for supervising activities where required and for seeking medical advice in advance if your child has a medical condition that may prevent them taking part in physical activity.

[Intro Quiz](#) ▾



[Video](#) ▾



[Presentation](#) ▾



[Worksheet](#) ▾



[Exit Quiz](#) ▾



[Transcript](#) ▾

6 lessons in [Health related exercise activity: components of fitness:](#)

How can we train muscular endurance?

[How can we train power?](#)

[How can we train agility?](#)

[How can we train balance?](#)

[How can we train speed?](#)

[How can we train cardiorespiratory fitness?](#)



Download:

How can we train muscular endurance?

Download activities for your lesson:



Presentation (PPTX)



Editable Worksheet
(PPTX)



Printable Worksheet
(PDF)

Back



Close



Share whole lesson:

How is foot-eye coordination used in sport?



Email



Google
Classroom



Microsoft
Teams



Facebook



Whatsapp



Twitter



Copy

Back



Close



Preparing your remote teaching plan

Mapping

Plan

Implement & Communicate



How are teachers using Oak remotely?



Mix and match resources



Flipped learning



'Team Teaching' with Oak videos



Live lessons with adapted resources



Other ways Oak can support you



Covid and long term sick:

Supporting remote education



Catch up, revision and homework:

Structured, curriculum mapped learning



Cover and beyond specialism:

Always-ready lessons for cover staff or staff teaching outside their specialism



Continuous Professional Development:

Observing teaching practice, structure and explanations for early career teachers



Get Started: How to use Oak to support your school



Here for the first time? Explore ways our free lessons and resources can help support your teaching and learning.



16 articles in this collection

Written by Oak National Academy

WATCH: What is Oak National Academy and how to use it in your school

See how to use Oak and different ways it can support your remote learning plans during the Covid-19 outbreak.



Written by Oak National Academy

Updated over a week ago

WATCH: Parents & Carers - What is Oak National Academy?

Learn more about Oak National Academy and how to support your child with remote

Website: www.thenational.academy

Email: help@thenational.academy

Social Media: [@OakNational](https://twitter.com/OakNational)



OAK
NATIONAL
ACADEMY

**Schools
Active
Movement**

Supported by



Happier



Healthier



More Active

THANK YOU