HOLLAND PARK SCHOOL | 2025-2026

Online Continuity Curriculum

GCSE PE CONTIUITY CURRICULUM

Week Beginning	Lesson Title	Lesson Objective	Online Lesson Link	Any additional instructions? You must answer all of these questions in full sentences in your workbooks in addition to the 'Deliberate Practice' tasks on the slides
8/9	Lesson 1: Bones - Functions	To know and understand the functions of different bones in the body	Lesson 1 Bones AH.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2 & 3. Read through the slides. Make notes if you wish. Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 5 & 6. Read through this slide. make notes if you wish

			6.	Slide 7. Answer the
				questions the 'checking
				for understanding – mini
				whiteboard' questions.
				Copy the questions and
			-	answer in your book.
			/.	Slide 8 & 9. Read through this slide. make
				notes if you wish
			8.	•
			0.	questions the 'checking
				for understanding – mini
				whiteboard' questions.
				Copy the questions and
				answer in your book.
			9.	Slide 10, 11 &12. Read
			J	and copy the question
				which is in the yellow
				box. Then answer the
				question. You may copy
				the text to help you get
				started, then apply your
				knowledge from the
				slides to help you
				answer.
Lesson 2: Bones -	To know and understand the	Lesson 2 Bones AH.pptx		
Classifications	classifications of different		1.	
	bones in the body			date and copy the title

	2.	Slide 1. Complete the
		ROPE activity. Copy the
		questions and answer.
	3.	Slides 2 & 3. Read
		through the slides. Make
		notes if you wish.
	4.	Slide 4. Answer the
	·	questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	5.	Slide 5. Read through
		this slide. make notes if
		you wish
	6.	Slide 6. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	7.	Slide 7 & 8 . Read
	,	through this slide. make
		notes if you wish
	8.	Slide 9. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
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Lesson 3: Muscles To know and understand the location of different muscles in the body Lesson 3: Muscles To know and understand the location of different muscles in the body Lesson 3 muscles EBR.pptx 1. Slide 1. Write a date and copy to questions and a 3. Slides 2 & 3. Re through the slid notes if you wis questions the 'complex of the slide 4. Answer questions the slide 4. Answer qu
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				7· 8.	for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 7, 8, 9, 10 & 11. Read through this slide. make notes if you wish Slide 12 & 13. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
15/9	Lesson 4: Joints	To know and understand the classifications of different joints in the body	Lesson 4a Joints AHa.pptx	3.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2 & 3. Read through the slides. Make notes if you wish. Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions.

			Copy the questions and answer in your book. 5. Slide 5, 6 & 7. Read
			through this slide. make notes if you wish 6. Slide 8. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. 7. Slide 9 & 10. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 5: Synov Joints	To know and understand how synovial joints work	Lesson 5 synovial Joints EBR.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2. Read through the slides. Make notes if you wish.

			5.	Slide 3. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 4. Read through this slide. make notes if you wish Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 6 & 7. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 6: Antagonistic Pairs	To know and understand how muscles work in pairs to produce movement	Lesson 6 antagonistic pairs EBR.pptx	1.	Slide 1. Write and the date and copy the title

	2.	Slide 1. Complete the
		ROPE activity. Copy the
		questions and answer.
	3.	Slides 2 & 3. Read
		through the slides. Make
		notes if you wish.
	4.	Slide 4. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	5.	Slide 5 & 6 . Read
		through this slide. make
		notes if you wish
	6.	Slide 7. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	7.	Slide 8 & 9 . Read
	,	through this slide. make
		notes if you wish
	8.	Slide 10. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
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		answer in your book.
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				9.	Slide 10, 11 &12. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
22/9	Lesson 7: Pathway of air	To know the pathway of air	Lesson 9 pathway of air EBR.pptx	2.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2 & 3. Read through the slides. Make notes if you wish. Slide 4 & 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 6, 7, 8 & 9. Read through this slide. make notes if you wish

Lesson 8: Gaseous exchange	To understand the process of Gaseous Exchange	Lesson 10 gaseous exchange EBR.pptx	 Slide 10. Answer the questions the 'checking for understanding – mir whiteboard' questions. Copy the questions and answer in your book. Slide 11, 12 &13. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply you knowledge from the slides to help you answer. Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, 4, 5, 6, 7 & 8. Read through the slides. Make notes if yo wish. Slide 9. Answer the
			wish.

		Copy the questions and answer in your book. 5. Slide 10. Read through this slide. make notes if you wish 6. Slide 11. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. 7. Slide 12 & 13. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 9:	Blood vessels To know the different blood vessels in the body and their functions	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer.

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		3.	Slides 2 & 3. Read
			through the slides. Make
			notes if you wish.
		4.	Slide 4. Answer the
			questions the 'checking
			for understanding – mini
			whiteboard' questions.
			Copy the questions and
			answer in your book.
		5.	Slide 5. Read through
			this slide. make notes if
			you wish
		6.	Slide 6. Answer the
			questions the 'checking
			for understanding – mini
			whiteboard' questions.
			Copy the questions and
			answer in your book.
		7.	Slide 7. Read through
			this slide. make notes if
			you wish
		8.	Slide 8 Answer the
			questions the 'checking
			for understanding – mini
			whiteboard' questions.
ļ			Copy the questions and
			answer in your book.
ļ		9.	Slide 9 & 10 . Read
			through this slide. make
ļ			notes if you wish

					Slide 11 Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 12 & 13. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
29/9	Lesson 10: The Structure of the heart	To know the structure of the heart	Lesson 12 Vaso and Structure of the Heart a.pptx	2.3.4.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 3 & 4. Read through the slides. Make notes if you wish. Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions.

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		started, then apply your
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		slides to help you
		answer.
	6.	Slide 9, 10, 11 & 12.
		Read through this slide.
		make notes if you wish
	7	Slide 13. Answer the
	'	questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	Q	Slide 14. Read through
	0.	this slide. make notes if
		you wish
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	9.	Slide 15, 16 & 17. Read
		and copy the question
		which is in the yellow
		box. Then answer the
		question. You may copy
		the text to help you get

			started, then apply your knowledge from the slides to help you answer.
Lesson 11: Pathway of blood	To know the pathway of blood around the heart	Lesson 13 pathway of blood EBR.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, & 4. Read through the slides. Make notes if you wish. Slide 9. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 7 & 8. Read through this slide. make notes if you wish Slide 9, 10 & 11. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your

			knowledge from the slides to help you answer.
Lesson 12: Heart rate Stroke Volume a Cardiac Cycle	To understand heart rate, stroke volume and the cardiac cycle	Lesson 14 HR, SV and Q EBR.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, 4, 5, 6 & 7 Read through the slides. Make notes if you wish. Slide 8. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 9 & 10. Read through this slide. make notes if you wish Slide 11. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 12. Read through this slide. make notes if you wish

			8.	Slide 13, 14 & 15. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 13: Mechanics of Breathing	To understand the mechanics of breathing	Lesson 15 Mechanics of Breathing AH.pptx	3.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3 & 4. Read through the slides. Make notes if you wish. Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 6 & 7. Read and copy the question which is in the yellow box. Then answer the

			question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer. 6. Slide 8. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.
Lesson 14: Lung Volumes	To know the volume of air in the lungs	Lesson 16 Lung volumes AH.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2 & 3. Read through the slides. Make notes if you wish. Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions.

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			Copy the questions and answer in your book. 5. Slide 5, 6, & 7. Read through this slide. make notes if you wish 6. Slide 8. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. 7. Slide 9 & 10. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 15: Cardiorespiratory Feedback	To know the functions of the cardiorespiratory system	<u>Lesson 17 cardiorespiratory</u> <u>feedback lesson.pptx</u>	1. Slide 1, 2 & 3. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the

				2.	slides to help you answer. Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 5. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
6/10	Lesson 16: Anaerobic and Aerobic Exercise	To know the different between aerobic and anaerobic energy systems	Lesson 18 Exercise AH.pptx	3.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, 4, 5 & 6. Read through the slides. Make notes if you wish. Slide 7, 8 & 9. Answer the questions the

			5.	'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 10 & 11. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 17: Oxygen Debt	To know and be able to explain the effects of oxygen debt	Lesson 19 Oxygen Debt AH.pptx	2.3.4.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2 & 3. Read through the slides. Make notes if you wish. Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions.

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		Copy the questions and
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		through this slide. make
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		whiteboard' questions.
		Copy the questions and
		answer in your book.
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		notes if you wish
	8.	Slide 10. Answer the
		questions the 'checking
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	g.	Slide 11 & 12. Read and
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				for understanding – mini whiteboard' questions. Copy the questions and answer in your book. 8. Slide 9. Read through this slide. make notes if you wish 9. Slide 10. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. 10. Slide 11. Read through this slide. make notes if you wish 11. Slide 12 Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.
13/10	Lesson 19: Long term effects of exercise	To know and understand the long-term effects of exercise	Lesson 23 long term Effects of exercise EBR.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer.

	8	Slides 2. Read through
		the slides. Make notes if
		you wish.
	3.	Slide 3. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	4	<u>Slide 4</u> . Read through
		this slide. make notes if
		you wish
	5	Slide 5. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	6	<u>Slide 6</u> . Read through
		this slide. make notes if
		you wish
	7.	Slide 7. Answer the
	,	questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	8	Slide 8 & 9. Read and
		copy the question which
		is in the yellow box.

	Lesson 21: Levers 2	To know how Levers affect exercise	lesson 25 levers lesson 2 EBR.pptx	1. 2.	Copy the questions and answer in your book. Slide 10, 11, 12 & 13. Read through this slide. make notes if you wish. Slide 14, 15 & 16. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer. Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, 4, 5 & 6. Read through the slides. Make notes if you wish. Slide 7. Answer the questions the 'checking for understanding – mini whiteboard' questions.
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				6. 7· 8.	questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 15. Read through this slide. make notes if you wish Slide 16. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
20/10	Lesson 22: Mechanical advantage	To be able to explain which joints have a mechanical advantage	<u>Lesson 26 Mechanical</u> <u>advantage.pptx</u>	2.	date and copy the title

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		3	. <u>Slides 3, 4, 5, 6 & 7</u> .
			Read through the slides.
			Make notes if you wish.
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			questions the 'checking
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			whiteboard' questions.
			Copy the questions and
			answer in your book.
		5	. Slide 9. Read and copy
			the question which is in
			the yellow box. Then
			answer the question.
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			to help you get started,
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			the question which is in
			the yellow box. Then
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			You may copy the text
			to help you get started,
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			knowledge from the
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			slides to help you answer.
Lesson 23: Planes and axis	To know the different planes and axis in the body	lesson 27 planes and axis EBR.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 3 & 4. Read through the slides. Make notes if you wish. Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 6, 7, 8 & 9. Read through this slide. make notes if you wish Slide 10. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 11, 12 & 13. Read and copy the question

			which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 24: Health and fitness	To understand the terms health and fitness	lesson 30 health and fitness.pptx	 Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, 4 & 5 Read through the slides. Make notes if you wish. Slide 6. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 7, 8 & 9. Read through this slide. make notes if you wish Slide 10. Answer the questions the 'checking for understanding – mini

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			whiteboard' questions.
			Copy the questions and
			answer in your book.
			7. Slide 11, 12 & 13 . Read
			and copy the question
			which is in the yellow
			box. Then answer the
			question. You may copy
			the text to help you get
			started, then apply your
			knowledge from the
			slides to help you
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	EASTER HOLIDAYS					
		MAY HALI	TERM			
END OF YEAR ASSESSMENTS						