



ABINGDON

Physical Education & Core Sport Remote Curriculum Lower School

What are boys doing for their PE Lessons?

In PE there is a live circuit class on Zoom which boys are required to attend. They need to be in Mr Bignell's Zoom Room (741 525 1890) for the lesson and they are required to be in PE / sports kit, have a towel / exercise mat, enough open space to exercise, a water bottle and a tennis type ball or some socks rolled up.

What are boys doing for the Core Sport Lessons?

All boys are focusing on Cricket and each week they are required to attend a live Zoom lesson hosted by Mr Broadbent (218 176 7517) where Mr Golding goes through a range of different challenges that are based around a focus skill within the game before all boys having a go at one particular task so teachers can give feedback. After this they are to explore the weekly task sheet and give as many challenges ago as they can based on their ability, equipment and space.

How do we know boys are doing exercise?

All boys should have set up their 'Personal Activity Log' and shared this with their PE Teacher. They have been asked to record any form of physical activity they participate in each week so their teacher can keep a track on how active they are and pointers on how to challenge themselves further through the resources on the Sport & PE firefly page.

Do they get any other sports to have a go at?

On Mondays Mr Bignell sends the weekly challenge sheet that has a Workout of the Week, technical and tactical activities from 8 different sports as well as mental and educational topics.

They also get sent the 8 challenge sheets from the different focus sports to have a go at.

Are there any on-going or weekly challenges for them to join in with?

There are three:

Firstly all boys have been encouraged to attend the weekly Zoom Circuit City on a Wednesday afternoon as their Other Half option in Period 7. This is hosted by Mr Davies (787 969 8722).

Secondly we have launched the Run The World challenge asking all boys, parents, staff and OA's to keeping a track of all their on foot exercise through the Strava app and linking this to the Abingdon School Cross Country Club so that their efforts feed into our overall distance.

Lastly there is a weekly Sports Video competition where boys are encouraged to e-mail Mr Bignell with a short video of their sporting efforts throughout the week. Each week a winner from each group is chosen & a prize is sent in the post.

What is the key message from the PE Department?

We are promoting the boys stay active, stay fit and have some fun away from screens whilst we are remote learning.

The Live PE lessons look to find a balance between raising their heart rates, developing the Abingdon Movement Skill programme and having some fun, whilst the Core Sport lesson looks to find a balance between skill development and increasing their knowledge of the game of Cricket.

What if I am concerned about my sons level of activity

Please contact either Mr Bignell directly or their PE teacher who will help with finding the right activities for your son.



ABINGDON

Physical Education & Core Sport Remote Curriculum 3rd Year

What are boys doing for their PE Lessons?

In PE there is a live circuit class on Zoom which boys are required to attend. They need to be in their PE teachers Zoom Room for the lesson and they are required to be in PE / sports kit, have a towel / exercise mat, enough open space to exercise and a water bottle. In these lessons are following the 5 pillars of the Abingdon Movement Skill Curriculum – Squat, Pull, Pillar, Push & Hinge.

What are boys doing for the Core Sport Lessons?

All boys have chosen one 'Focus Sport' from Athletics, Cricket, Hockey, Football, Rackets, Rowing, Rugby & Swimming. Each week for their chosen focus sport they receive a sport specific task sheet to work through in their 2 Core Sport lessons. We expect them to choose the tasks appropriate to their ability and environment, completing as many as they can.

The Head of each of these sports is available during their Core Sport lesson on Zoom if required but we really want the boys to utilise the time to get outside and be active not on their screens.

How do we know boys are doing exercise?

All boys should have set up their 'Personal Activity Log' and shared this with their PE Teacher. They have been asked to record any form of physical activity they participate in each week so their teacher can keep a track on how active they are and pointers on how to challenge themselves further through the resources on the Sport & PE firefly page.

Do they get any other sports to have a go at?

On Mondays Mr Bignell sends the weekly challenge sheet that has a Workout of the Week, technical and tactical activities from 8 different sports as well as mental and educational topics.

They also have been directed to the Sport & PE firefly page where all 8 sports weekly challenge sheets are posted along with a whole host of other resources to have a go at.

Are there any on-going or weekly challenges for them to join in with?

There are three:

Firstly all boys have been encouraged to attend the weekly Zoom Circuit City on a Wednesday afternoon as their Other Half option in Period 7. This is hosted by Mr Davies (787 969 8722).

Secondly we have launched the Run The World challenge asking all boys, parents, staff and OA's to keeping a track of all their on foot exercise through the Strava app and linking this to the Abingdon School Cross Country Club so that their efforts feed into our overall distance.

Lastly there is a weekly Sports Video competition where boys are encouraged to e-mail Mr Bignell with a short video of their sporting efforts throughout the week. Each week a winner from each group is chosen & a prize is sent in the post.

What is the key message from the PE Department?

We are promoting the boys stay active, stay fit and have some fun away from screens whilst we are remote learning. We are actively encouraging them to be diverse in their sporting activities, we feel that any activity that raises the heart rate and is away from a screen is beneficial.

What if I am concerned about my sons level of activity

Please contact either Mr Bignell directly or their PE teacher who will help with finding the right activities for your son.



ABINGDON

Physical Education & Core Sport Remote Curriculum

4th & 5th Year

What are boys doing for the Core Sport Lessons?

All boys have chosen one 'Focus Sport' from Athletics, Cricket, Hockey, Football, Rackets, Rowing, Rugby & Swimming. Each week for their chosen focus sport they receive a sport specific task sheet to work through in their 2 Core Sport lessons. We expect them to choose the tasks appropriate to their ability and environment, completing as many as they can.

The Head of each of these sports is available during their Core Sport lesson on Zoom if required but we really want the boys to utilise the time to get outside and be active not on their screens.

What are boys doing for their PE Lesson?

The boys only get one lesson of PE a fortnight and we want them to be as active as they can be in this 55 minutes so we are setting them a range of challenges from our resource bank on the Sport & PE firefly page. Sometimes we will ask to see them live on Zoom but we are trying to keep this to a minimum as it cuts into their activity time. Their teacher is always on Zoom at the time of their lesson if they need help with choosing an appropriate exercise or direct feedback.

How do we know boys are doing exercise?

All boys should have set up their 'Personal Activity Log' and shared this with their PE Teacher. They have been asked to record any form of physical activity they participate in each week so their teacher can keep a track on how active they are and pointers on how to challenge themselves further through the resources on the Sport & PE firefly page.

Do they get any other sports to have a go at?

On Mondays Mr Bignell sends the weekly challenge sheet that has a Workout of the Week, technical and tactical activities from 8 different sports as well as mental and educational topics.

They also have been directed to the Sport & PE firefly page where all 8 sports weekly challenge sheets are posted along with a whole host of other resources to have a go at.

Are there any on-going or weekly challenges for them to join in with?

There are three:

Firstly all boys have been encouraged to attend the weekly Zoom Circuit City on a Wednesday afternoon as their Other Half option in Period 7. This is hosted by Mr Davies (787 969 8722).

Secondly we have launched the Run The World challenge asking all boys, parents, staff and OA's to keeping a track of all their on foot exercise through the Strava app and linking this to the Abingdon School Cross Country Club so that their efforts feed into our overall distance.

Lastly there is a weekly Sports Video competition where boys are encouraged to e-mail Mr Bignell with a short video of their sporting efforts throughout the week. Each week a winner from each group is chosen & a prize is sent in the post.

What is the key message from the PE Department?

We are promoting the boys stay active, stay fit and have some fun away from screens whilst we are remote learning. We are actively encouraging them to be diverse in their sporting activities, we feel that any activity that raises the heart rate and is away from a screen is beneficial.

What if I am concerned about my sons level of activity

Please contact either Mr Bignell directly or their PE teacher who will help with finding the right activities for your son.



ABINGDON

Physical Education & Core Sport Remote Curriculum 6th Form

What are boys doing for their Sports Priority Lessons?

All boys have chosen one 'Focus Sport' from Athletics, Cricket, Hockey, Football, Rackets, Rowing, Rugby & Swimming. Each week for their chosen focus sport they receive a sport specific task sheet to work through in their 2 Core Sport lessons. We expect them to choose the tasks appropriate to their ability and environment, completing as many as they can.

The Head of each of these sports is available during their Core Sport lesson on Zoom if required but we really want the boys to utilise the time to get outside and be active not on their screens.

How do we know boys are doing exercise?

All boys should have set up their 'Personal Activity Log' and shared this with a PE Teacher. They have been asked to record any form of physical activity they participate in each week so their teacher can keep a track on how active they are and pointers on how to challenge themselves further through the resources on the Sport & PE firefly page.

Do they get any other sports to have a go at?

On Mondays Mr Bignell sends the weekly challenge sheet that has a Workout of the Week, technical and tactical activities from 8 different sports as well as mental and educational topics.

They also have been directed to the Sport & PE firefly page where all 8 sports weekly challenge sheets are posted along with a whole host of other resources to have a go at.

Are there any on-going or weekly challenges for them to join in with?

There are three:

Firstly all boys have been encouraged to attend the weekly Zoom Circuit City on a Wednesday afternoon as their Other Half option in Period 7. This is hosted by Mr Davies (787 969 8722).

Secondly we have launched the Run The World challenge asking all boys, parents, staff and OA's to keep a track of all their on foot exercise through the Strava app and linking this to the Abingdon School Cross Country Club so that their efforts feed into our overall distance.

Lastly there is a weekly Sports Video competition where boys are encouraged to e-mail Mr Bignell with a short video of their sporting efforts throughout the week. Each week a winner from each group is chosen & a prize is sent in the post.

What is the key message from the PE Department?

We are promoting the boys stay active, stay fit and have some fun away from screens whilst we are remote learning. We are actively encouraging them to be diverse in their sporting activities, we feel that any activity that raises the heart rate and is away from a screen is beneficial.

What if I am concerned about my sons level of activity

Please contact either Mr Bignell directly or their PE teacher who will help with finding the right activities for your son.