**BTEC Sport, Activity & Fitness - Home Learning Information**

Hi to all the Y9/10 BTEC Sport Students,

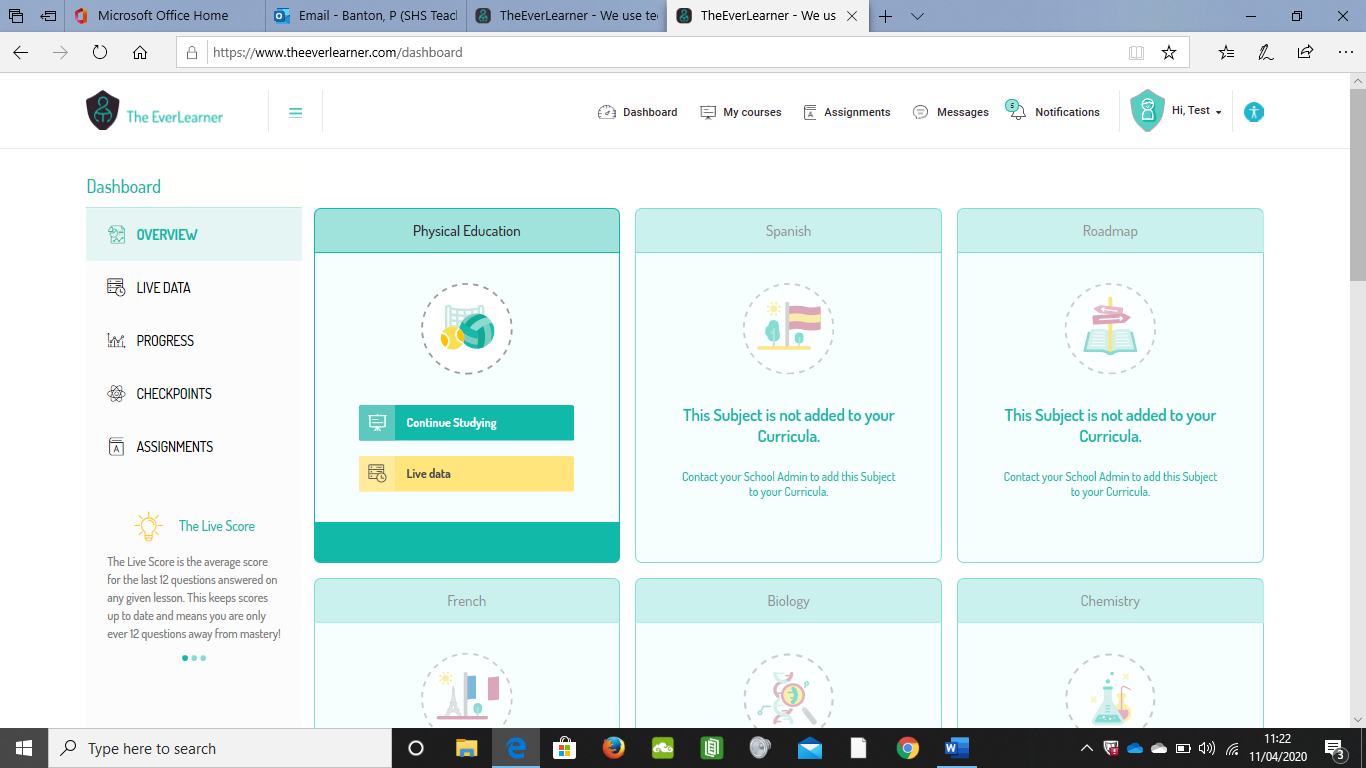
I hope you are all well and managing to keep yourself both occupied and physically active during the lockdown. Remember there is a whole range of different practical activities on SMHW which can help to keep you active – make sure you check them out!

As for BTEC Sport work – School have suggested that rather than trying to teach you lots of new work, which will be difficult when there isn’t a member of staff there to help you, that we set up ways in which you can consolidate work that we have previously learnt. For Y10 students – we have now covered all 3 aspects of Component 2 which are **Fitness, Nutrition and Psychology,** so there is an opportunity to reinforce all the learning we have done recently. Y9 students you will have just covered the fitness section so far, so there is a chance for you to reinforce your knowledge in that section, whilst also a chance to see what is coming up next for you!

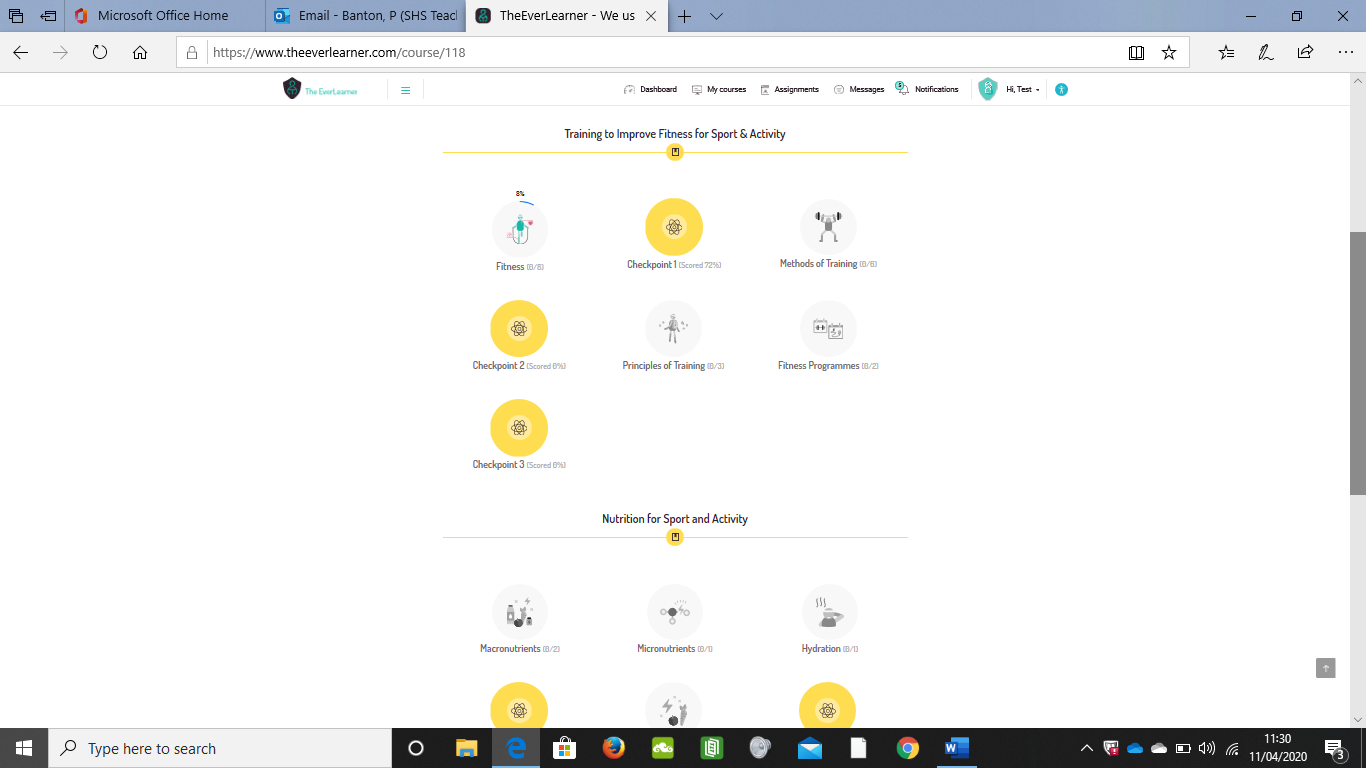
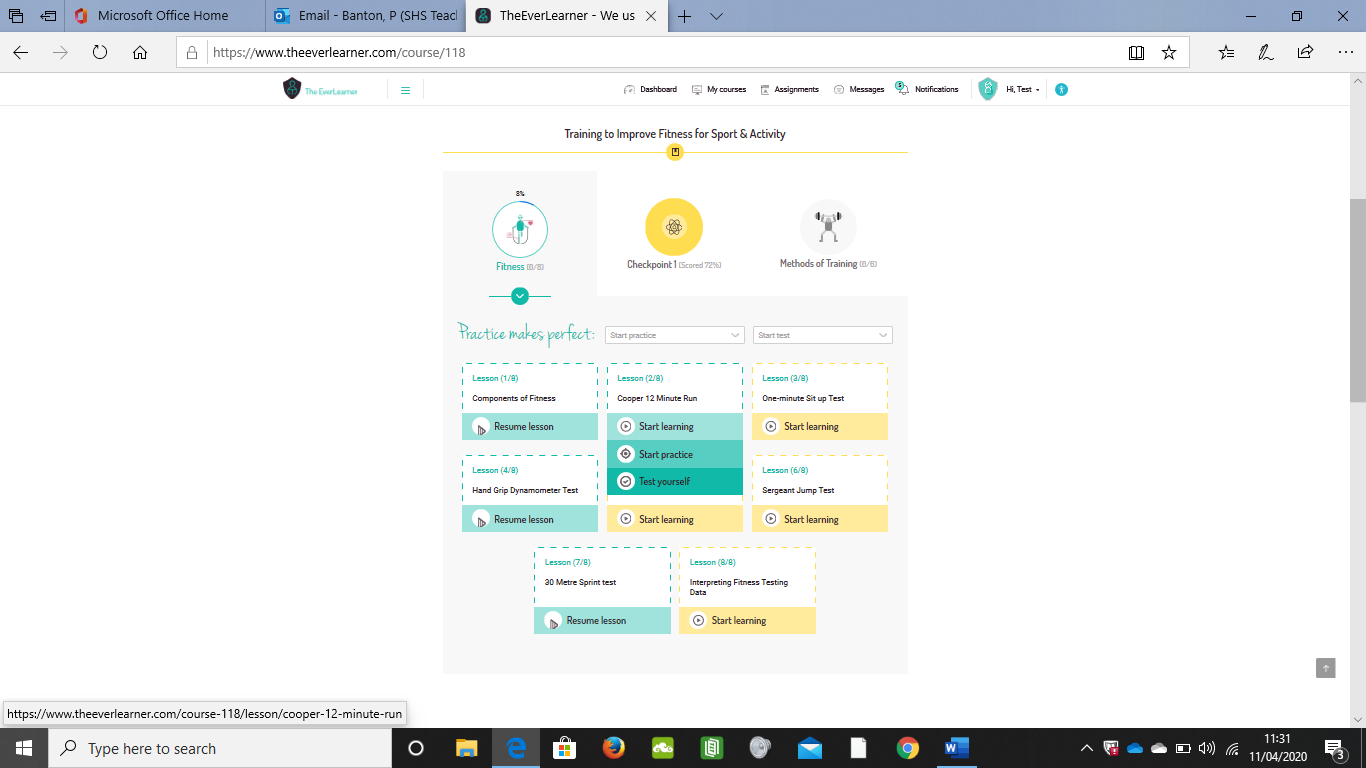
We have signed up to a website called the **EverLearner**. You will notice if you check your school emails that you will have been sent a username and password to help sign into the website. You will also receive emails on Tuesday which say that assignments have been set for you.

If anyone hasn’t received an email, or cannot log on for any reason then please email me or send me a message on SMHW.

Once you have logged on to the Everlearner, you will see similar to the picture below…



If you click on where it says **Continue Learning** (‘Start Learning’ the 1st time you log on), then it will take you to the 3 different sections as ca be seen here below…

If you then click on each section it will give you an option to either…

On the **Start Learning** section, there is a short video that helps to explain each topic. You can make notes on here just like you might do in your book.

There is also Question icon where you can click on it and you can type in a question if you are unsure. This question will go to one of your teachers – and they will try to get back to you as quickly as they can.

The **Start Practice** section – is where there are practice questions you can use to help you test your own knowledge at your own pace and you can also have access to the notes you have made during the online videos.

The **Test Yourself** section is a section where it will give you a test of that section to help put your knowledge to the test – but with a time limit and without access to your notes that you have made.

There is also **Checkpoints** after each set of topics which you can take which will help to see how well you have understood the whole topic.

Important things to note are that everything you do on the site is recorded, so your teacher can see how much of the videos you have watched or if you’ve watched them more than once. Also we can see how many practice questions you might have done as well as any score you get on the tests or the bigger end of topic Checkpoints.

**There is no limit to the amount of times you can take the tests or checkpoints so the more you want to have a go the better!**

A few things to also consider…

* This is a new site that we are using for the first time - it usually costs the school a fee – but it is being offered for free during the lockdown. If students like it then we may consider purchasing it in the future – so if you have any feedback ***positive or negative***, then please let us know!
* The site uses the word ‘Assignments’ and each one has a time limit on – I have set all the time limits to the end of the school year in July. This isn’t for any other reason than it just means you can go on and do the tasks whenever is appropriate for you – there is no time limits on the tasks you have to do.
* This site also runs courses for other subjects such as GCSE PE, so I have noticed there are some key words and concepts that are mentioned from other courses. A couple of them are explained below…

**Components of Fitness being split into 2 sections** – this is not something you need to be aware of for your exams – but it is mentioned in these questions.

|  |  |
| --- | --- |
| **Health/Physical Components of Fitness** | **Skill Components of Fitness** |
| Aerobic endurance  Muscular Endurance  Strength  Flexibility  Body Composition | Power  Speed  Agility  Balance  Coordination  Reaction Time  ***Red components are not even covered on our course so you don’t even need to worry about those!*** |

* A couple of videos mention the word ***‘Stamina’*** – Never use this word in BTEC! ‘***Endurance’*** is the word we also substitute it for!
* Some of the videos have been duplicated for different topics so they can vary a little – for example the Fitness Test for Speed has 30m/35m – This is because other courses use the 35m sprint test – we use the 30m sprint test in BTEC.