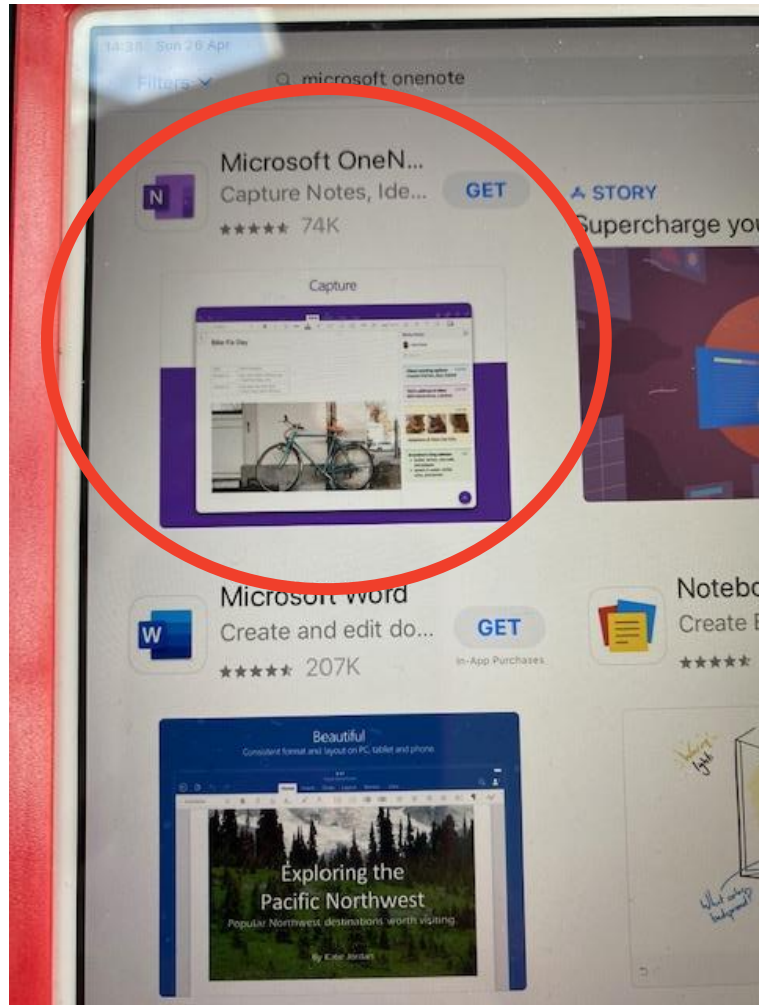
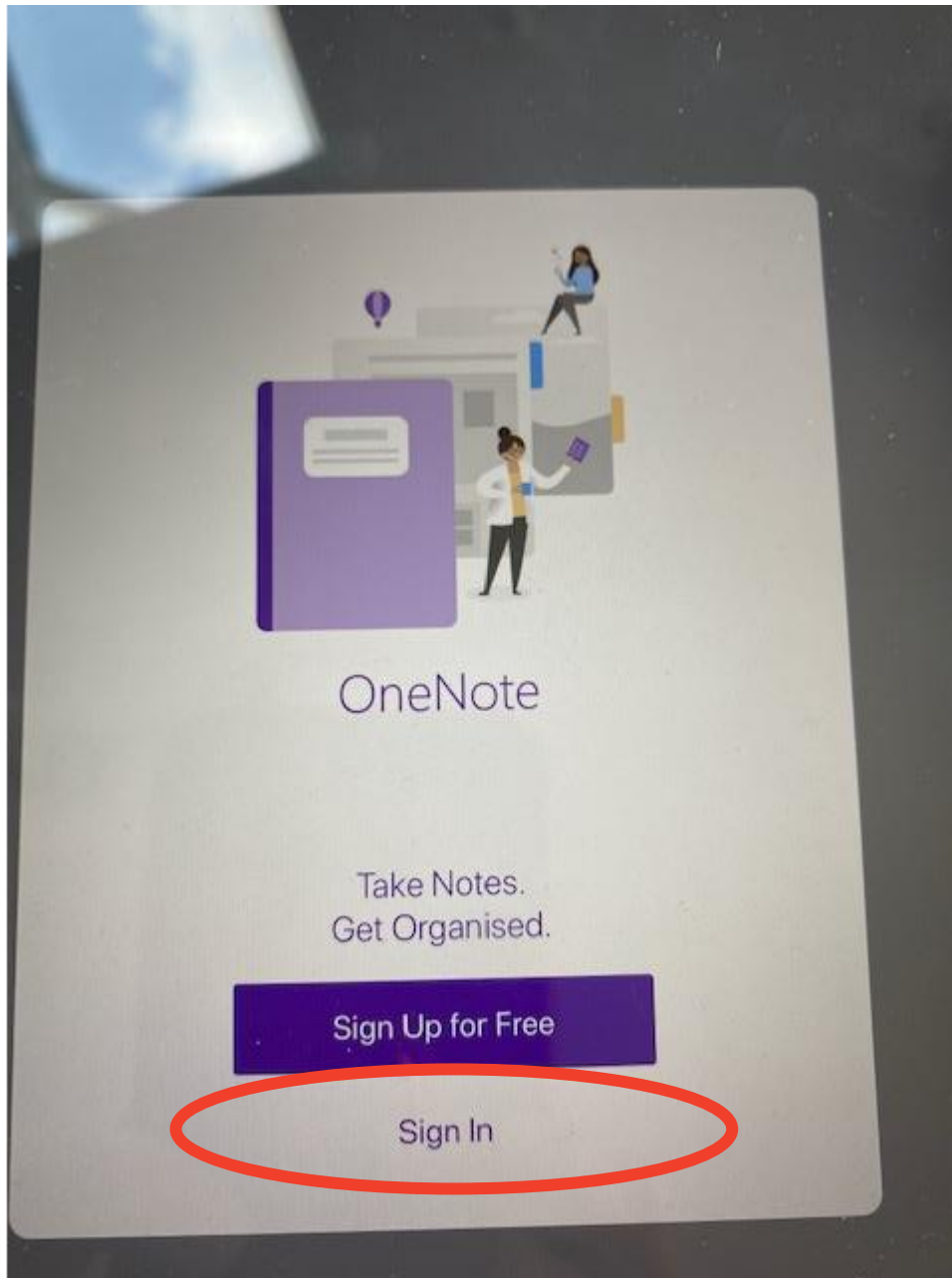


# ACCESSING YOUR CLASS NOTEBOOKS IN ONENOTE

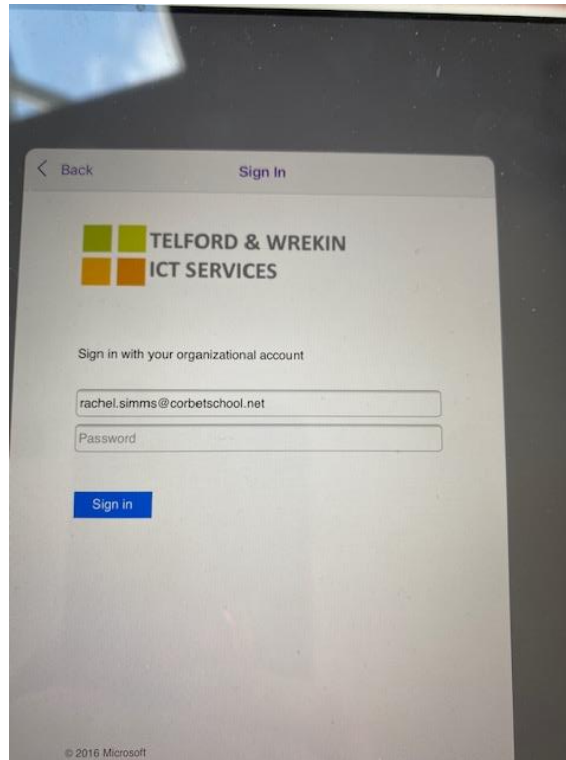
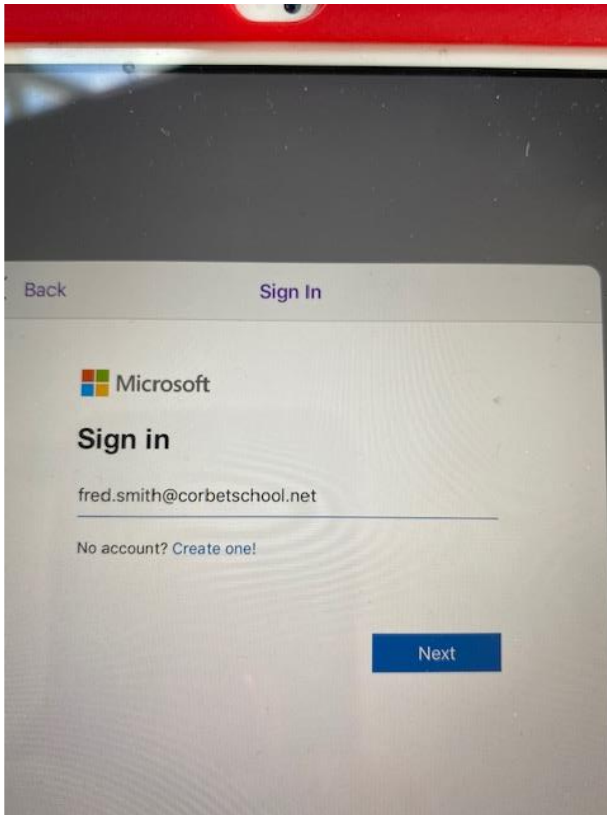
On a phone or tablet



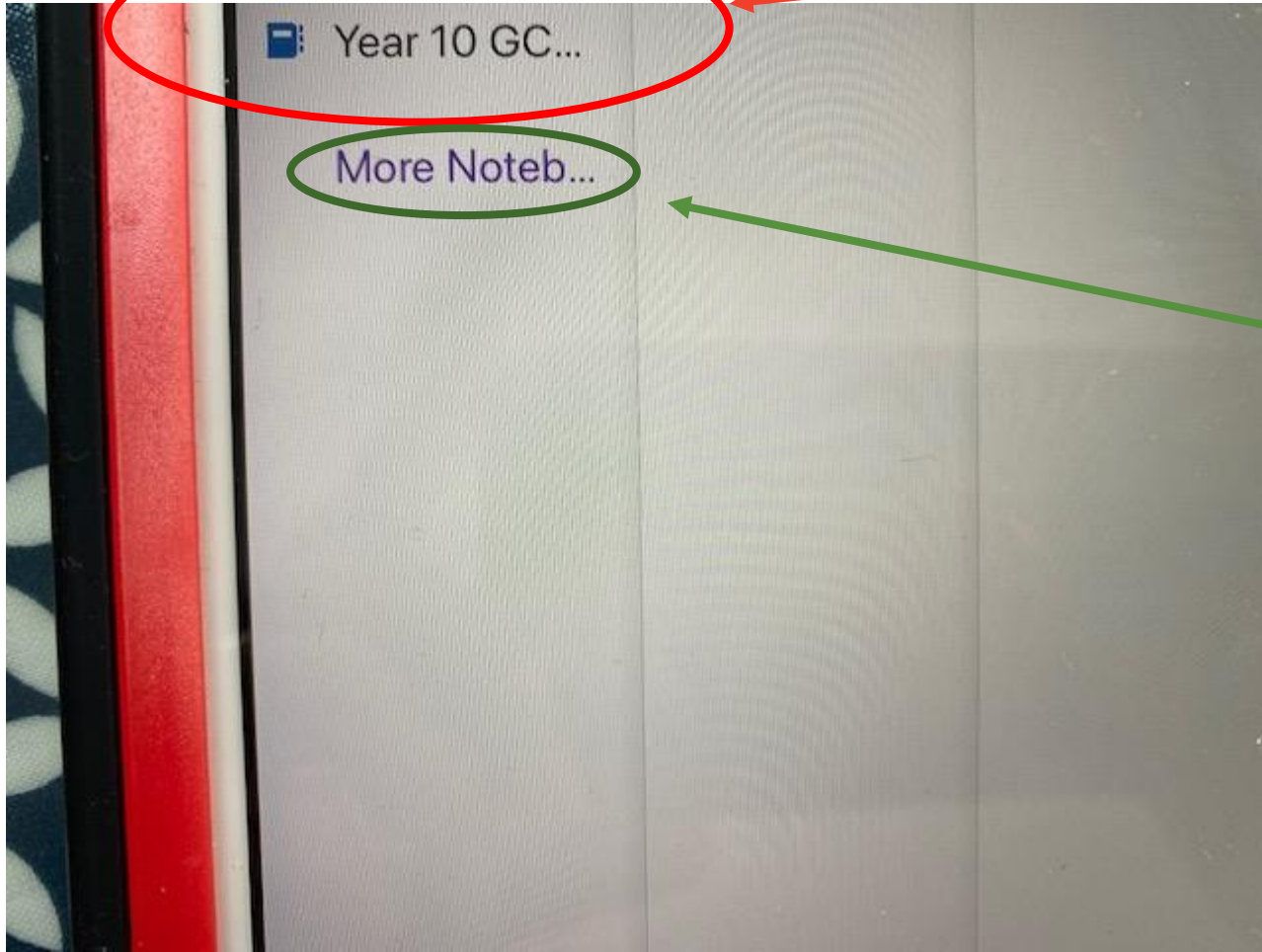
Download the  
Microsoft  
OneNote APP



Click sign in

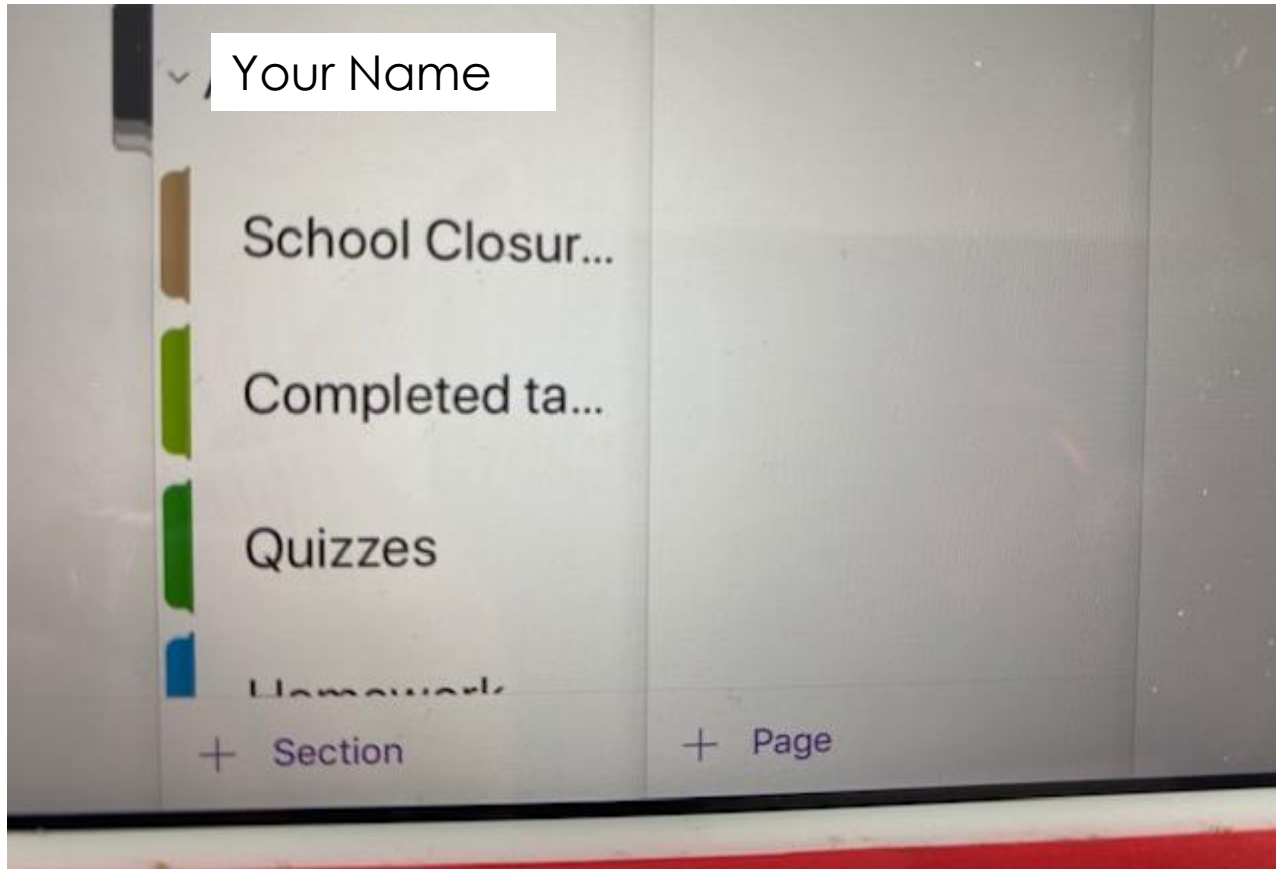


Log in to your  
school  
account

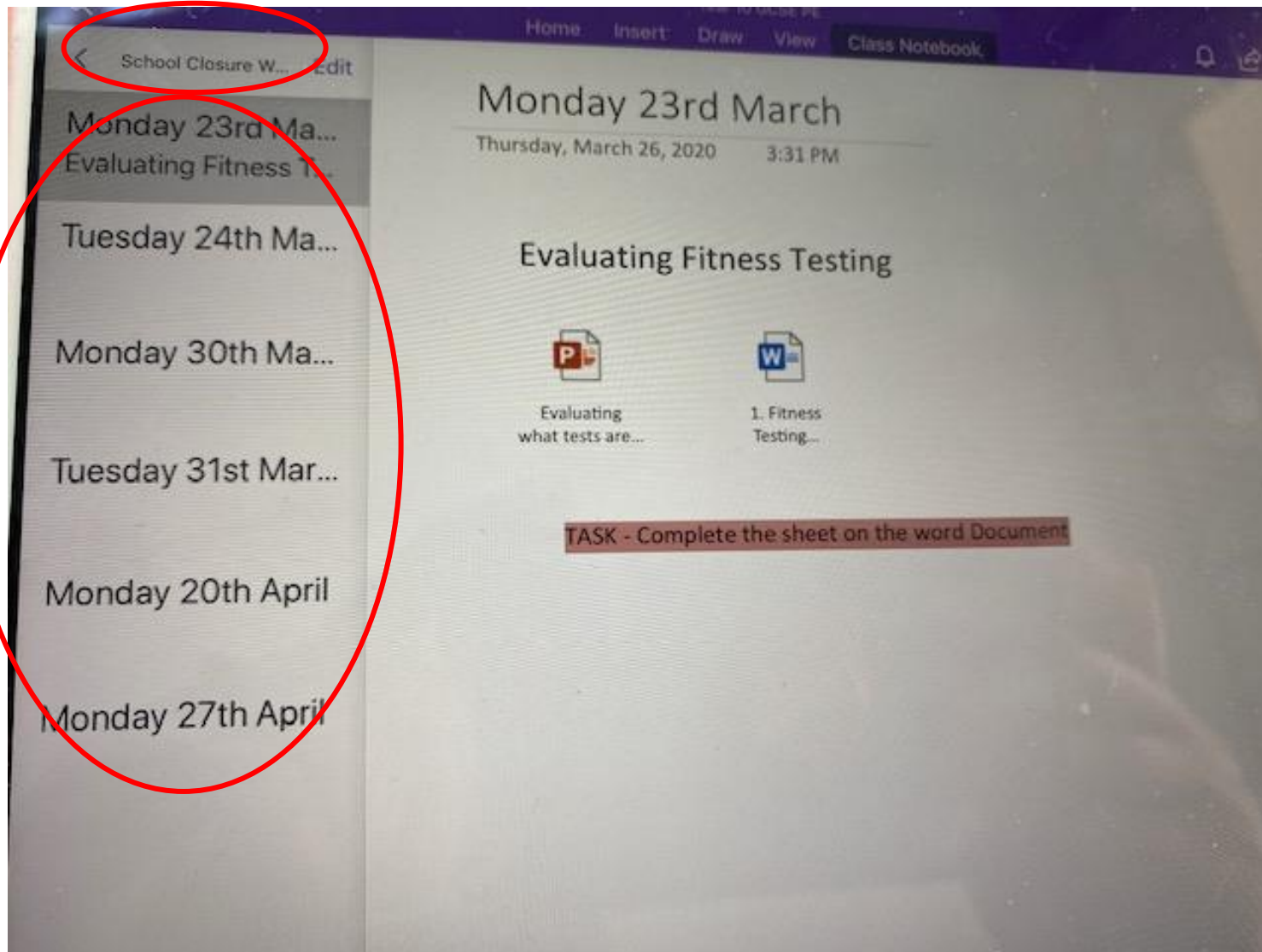


Find the notebook that you need e.g Year 10 GCSE PE

If you can not see it you may need to click on more notebooks to find it.



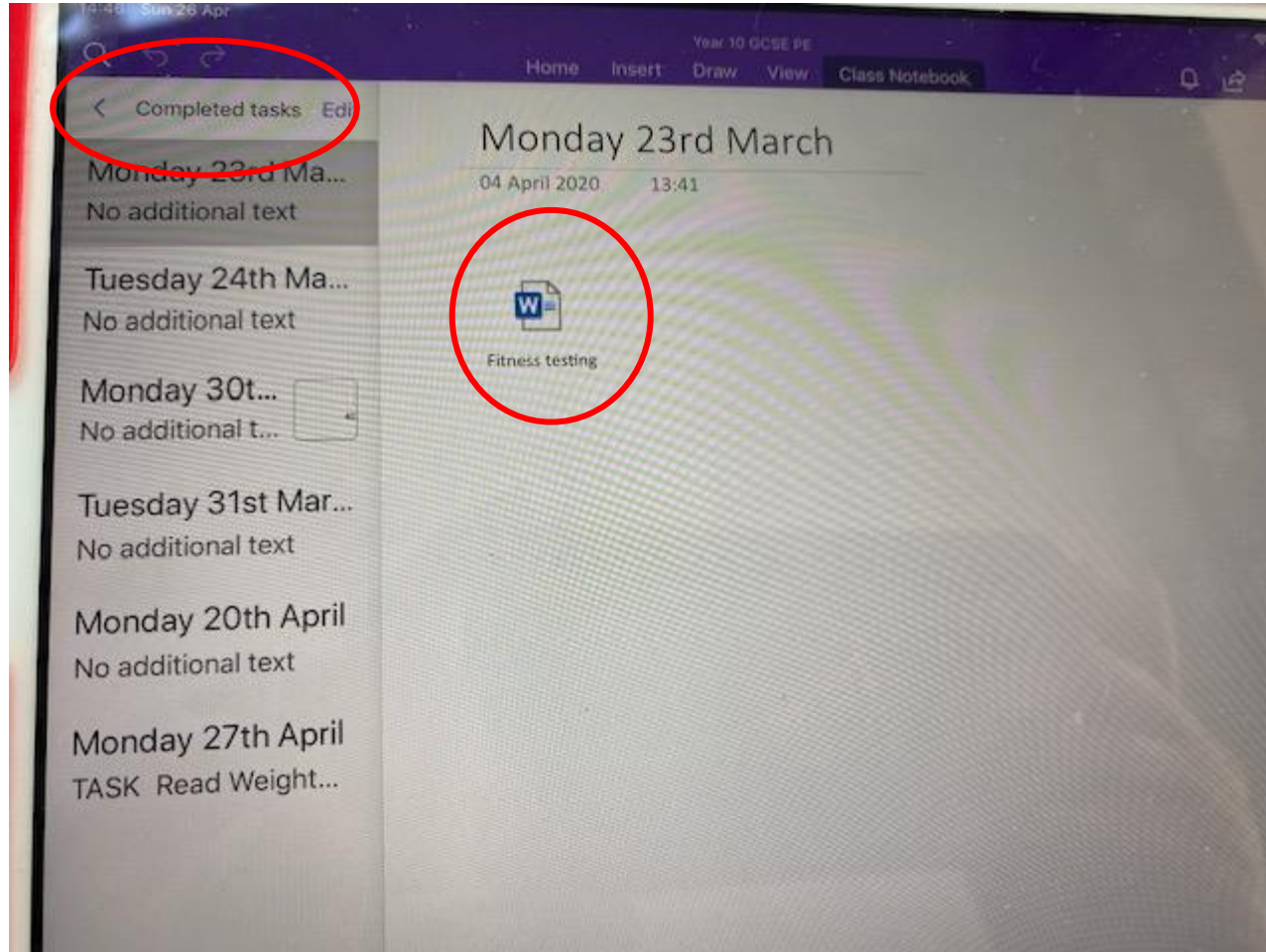
Under your  
name you  
should will  
have a variety  
of tabs



## Under each tab/section

In each section there will be extra pages.

By clicking on the page you can see the work set



In each tab there will be additional pages E.g  
Completed work

On each page there will be the work the teacher has set

It might be a word document; this will open by double clicking on the icon. You can work on the word document and it will save it in the cloud



# An example of how to complete work in OneNote

Today's task is all set on one drive and can be completed here.

**TASK** is a to do list so you can tick it off when you have done the task

Double click the **documents** to open and read the information

Click in the text box and **type** straight on the page

Completed tasks Edit

Monday 23rd Ma...  
No additional text

Tuesday 24th Ma...  
No additional text

Monday 30t...  
No additional t...

Tuesday 31st Mar...  
No additional text

Monday 20th April  
No additional text

Monday 27th April  
TASK Read Weight...

Monday 27th April  
24 April 2020 16:03

TASK

- Read Weight Training TEXT
- Read Weight training powerpoint & Watch video on link
- Complete the Weight training worksheet
- Sign in to and complete the Seneca Learning assignment

Worksheet Weight TRaining Calculating Intensities

Calculating Intensities (Weights) for Weight Training

**Muscular Endurance**

For the following exercises calculate a suitable weight for a performer to use to improve their Muscular Endurance (Between 50% and 60% of their one Max rep (E.g 1MR x0.5)) suggest the reps and sets they could use.

Exercise	One Max Rep	Weight (50/60%)	Reps / Sets
Bench Press	70 kg		
Weighted squat	180kg		

# How do I save my work?

- One Note is an online cloud-based platform
- Your work will save automatically, there is no save button.

