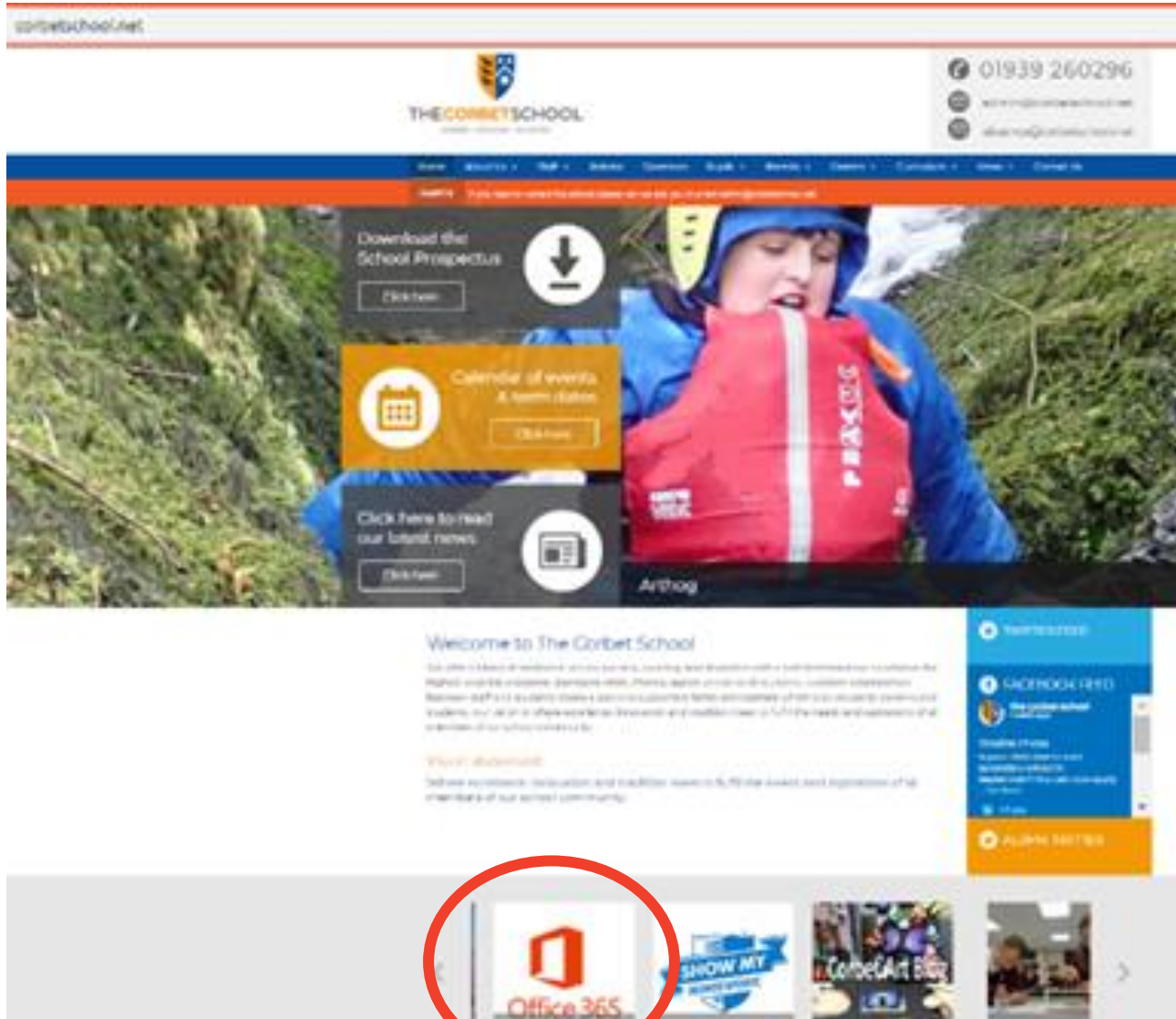




ACCESSING YOUR CLASS NOTEBOOK ON ONENOTE

On a computer or laptop



Go to the school website and click on office 365 link at the bottom



Sign in

??? @corbetschool.net

No account? [Create one!](#)

[Can't access your account?](#)

[Sign-in options](#)

Back

Next

Log in to your
school
account



Home

Corbet School

Home

Click on the squares in the top left corner

Apps



Outlook



OneDrive



Word



Excel



PowerPoint



OneNote



SharePoint



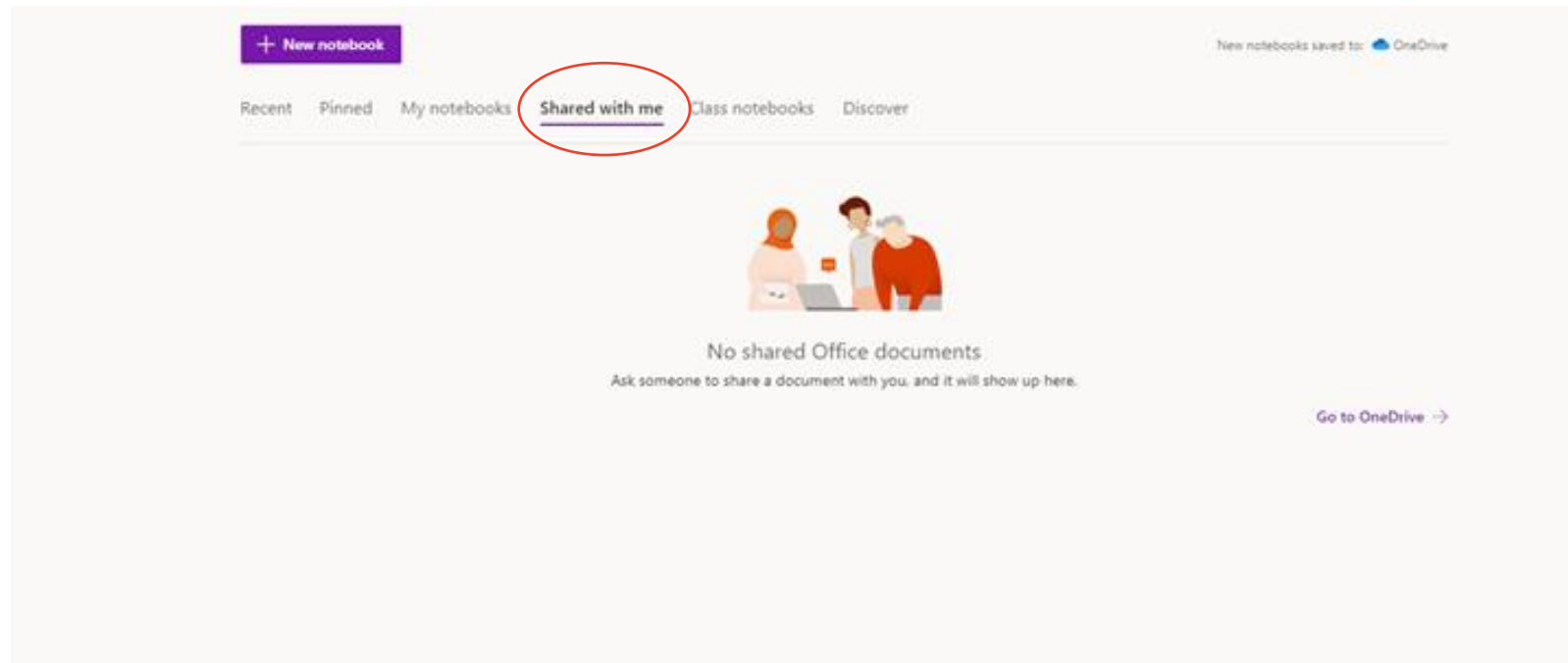
Teams



Class Notebook

All apps →

Click on
OneNote



Select OneNote

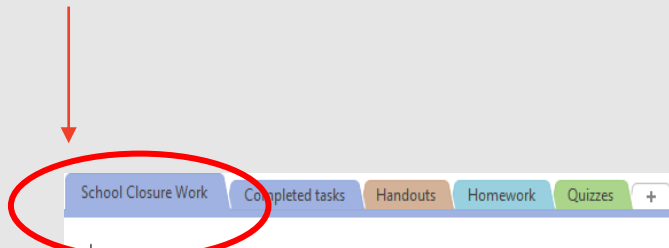
Once you are in here click on shared with me

All the notebooks that you have been added to will show here, so you can select the one you need.

Using Sections and pages in your OneNote

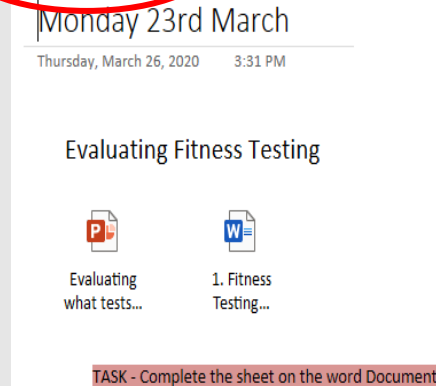
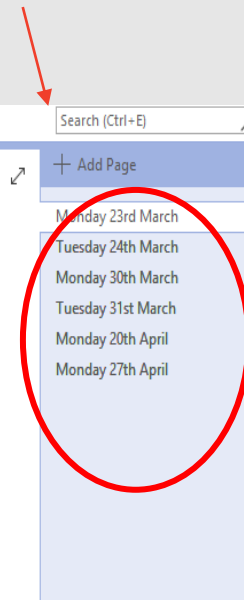
Sections

- The top of the page shows you the different sections where teachers will put work or tasks



Pages

- Pages within each section will contain different lessons or activities. Your teachers may use a date or a lesson title



School Closure Work | Completed tasks | Quizzes | Homework | Handouts | +


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

8. Weight TRaining...
Training methods...

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		
Bicep Curl	65Kg		
Leg Curl	105kg		
Leg Extension	130kg		
Shoulder press	60kg		

Muscular Strength

For the following exercises calculate a suitable weight for a performer to use to improve their Muscular Strength (between 75% - 85% of their one Max rep (E.g 1MR x0.85)) suggest the reps and sets they could use.

Exercise	One Max Rep	Weight (75-85%)	Reps / Sets
Bench Press	70 kg		

Completing work on one drive

Tasks: Click in the boxes and tick off your tasks

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

Documents: Double click the documents to open and read the information

Worksheets: Complete the worksheet straight onto the page. Click in the box and type

How do I save my work?

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

