

HOME LEARNING

Year 7 - Learning pack 11

Please try and stay as physically active as possible whilst at home. Included is a link to a variety of different workouts that can be completed whilst you are at home. Please try and do one of these at least twice a week.

Cardio Workout – <https://www.youtube.com/watch?v=q20pLhdoEoY>

Abdominal Workout - <https://www.youtube.com/watch?v=L3ugB6FCu5U>

Please submit this work to me at mwhite@bower-grove.kent.sch.uk – 2 GOLDEN TOKENS for this first piece of work received then 1 GOLDEN TOKEN for any work after that!!

Worksheet is below.

Task 1

Choose 2 skills you have learnt in PE so far this year (example – a set shot in Basketball). Describe them in detail using diagrams to help illustrate your answers. Analyse your performance of these skills using both positive comments and ways in which you could improve the skills.

Task 2

The school is going to need a new PE kit in September. Design a PE kit that is suitable for girls and boys and for all activities (indoor and outdoor) to wear across the school. Use colours, labels and description to illustrate your designs.

Task 3

The school is building a new sports hall. Design your own sports hall, clearly labelling all the facilities, activity stations and courts on offer. Add anything you would like to see if it was to be your dream sportshall? Draw and clearly label your design add colour to differentiate.

Give this work out a try

10 MINUTE CARDIO CIRCUIT

Do each exercise for 30s.
Rest 30s after 4 exercises.
Repeat 2 times.

1. JUMPING JACKS



2. SQUAT JUMPS



3. MOUNTAIN CLIMBERS



4. BUTT KICKS



5. BURPEES



30s break

6. WALL SIT



7. HIGH KNEES



8. PLANK JACKS



30s break

If you have queries about this work, please contact me at mwhite@bower-grove.kent.sch.uk