

HOME LEARNING

Year 8 - Learning pack 11

Please try and stay as physically active as possible whilst at home. Included are some links 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=L3uqB6FCu5U>

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 3 skills you have learnt in PE so far this year. 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.

Each skill should be a short paragraph and this should take one side of A4.

Task 2

Choose an invasion sport example: handball tag rugby or football for. Draw and describe a drill to develop the following skills:

- a. Passing and Moving
- b. Dribbling
- c. Shooting
- d. Design a new end game activity related to the sport

Task 3

Design a poster for sports day held within school. You must include the following:

- Date/time
- Activities on offer and drawings for location
- Explain brief rules
- Create a scoring system
- What should people wear?

Task 4

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 5

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? Do you have all the sports covered? Would it fit realistically on the backfield? 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



6. WALL SIT



7. HIGH KNEES



8. PLANK JACKS



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