

# HOME LEARNING

## Year 10 - 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 [sdowling@bower-grove.kent.sch.uk](mailto:sdowling@bower-grove.kent.sch.uk) – **2 GOLDEN TOCKENS** for this first piece of work received then **1 GOLDEN TOCKEN** for any work after that!!

## Sporting Facilities

All schools and communities have a wide variety of sporting facilities. Many people are unaware of these.

**Can you make a list of the sports and activities you can do at Bower Grove? Include in lessons and clubs. Put a tick next to the ones you have taken part in.**

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**Write down any sports or activities you would like to have available in school:**

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**Now make a list of all the sporting activities in your local area and make a note of the facilities available e.g. Swimming – Maidstone Leisure Centre.**

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**What sporting facilities would you like in your local area that do not already exist?**

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**Extension – Design and produce a diagram showing a sporting facility that you would like to use in your local area.**

**If you have queries about this work, please contact me at [sdowling@bower-grove.kent.sch.uk](mailto:sdowling@bower-grove.kent.sch.uk)**