

# HOME LEARNING

## Year 9 – 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!!

### ‘Rugby is for boys, Gymnastics is for Girls’

Traditionally, certain sports are more popular with female competitors and others with male competitors. Although sports of all kinds are increasingly played by people of both genders, some sports are still thought of as exclusively ‘male’ or ‘female’.

Can you name sports that are often considered to be ‘male’ and sports that are considered to be ‘female’?

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Can you think why this is?

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