

HOME LEARNING

Year 11 - 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 – **2 GOLDEN TOKENS** for this first piece of work received then **1 GOLDEN TOKEN** for any work after that!!

Sporting Debates

Consider each of the statements below. Pick two to write a for and against argument.

- Performance enhancing drugs should be allowed in all sports
- Contact sports such as rugby should be banned in schools
- Sports people are not role models
- Every pupil should have one P.E. lesson a day at school
- Sport is all about winning
- Any athlete found guilty of doping should face a lifetime ban from sport
- Football players wages are too high
- The Olympic Games are a waste of money.

Statement 1:

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