

HOME LEARNING

PE - Year 7 – Home Learning Pack 13

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=o-MJMU3LDk>

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.

Sports Personality Profile

You are going to create and write a personality profile of your favourite sports star.

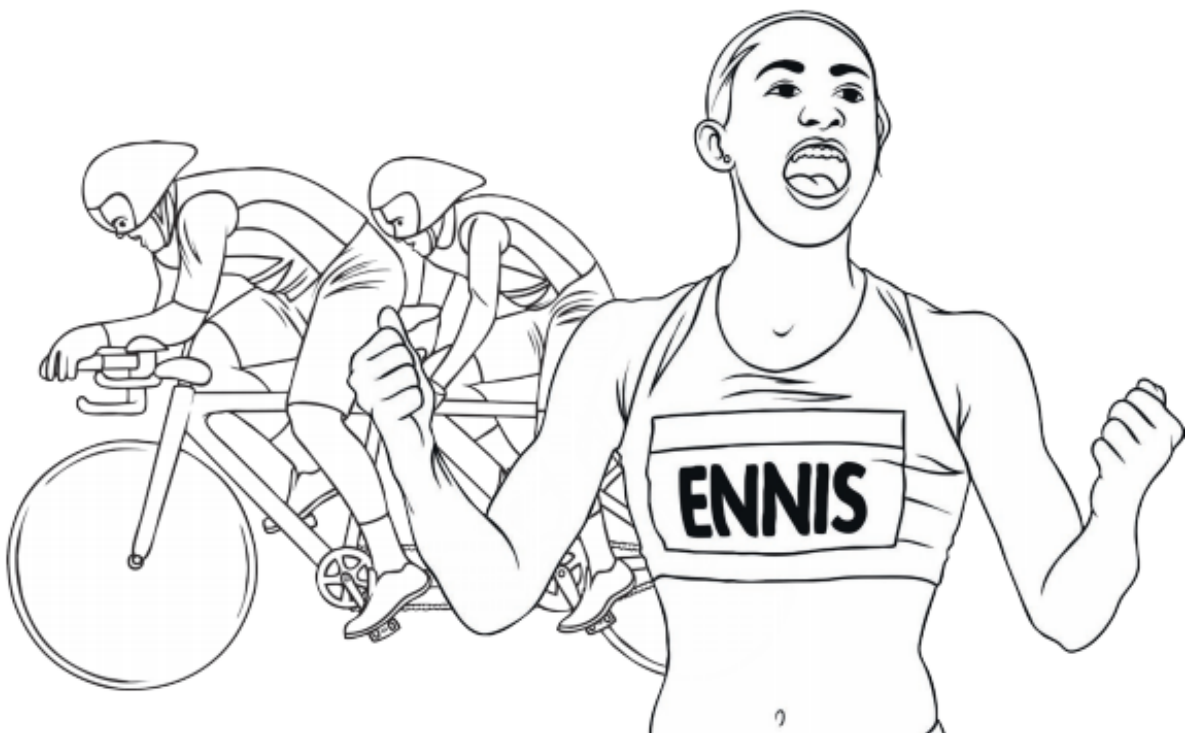
Include:

- information you already know and try to find out some new information;
- at least two pictures;
- performance statistics;
- major achievements;
- any other relevant information.

When completed, attempt to complete a sporting profile about **yourself!**

Extension:

Produce a sporting profile for each member of the PE department in your school.



Sporting Role Models

Who is your favourite sportsperson? Why?

How much influence do you think they have over you and others?



If a famous sportsperson is in the headlines for the wrong reasons – such as poor behaviour or cheating – would you feel differently about them? Explain why or why not.

Is it important that sporting role models behave well away from the sporting arena? Give at least three reasons for your answer.

Give this work out a try

1&1 WORKOUT

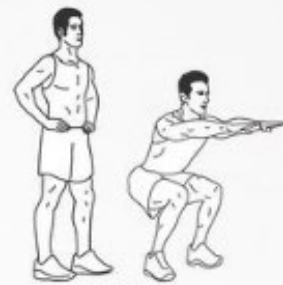
1 minute each exercise / 1 minute rest after each exercise



1. high knees



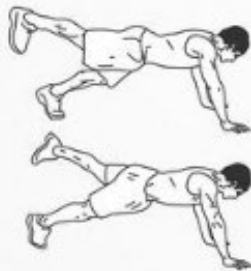
2. jumping jacks



3. squats



4. lunges



5. plank leg raises



6. climbers



7. bicycle crunches



8. leg raises



9. knee pull-ins



10. push-ups

sets level I 3 sets level II 4 sets level III 6 sets **rest between sets** up to 3 minutes