

HOME LEARNING

PE - Year 9 – Home Learning Pack 13

Please try and stay as physically active as possible whilst at home. Included are some physical activities that can be completed whilst you are at home. Please try and do one of these at least twice a week.

Give this work out a try

1&1 WORKOUT

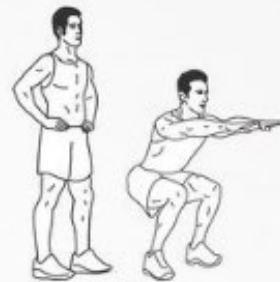
1 minute each exercise / 1 minute rest after each exercise



1. high knees



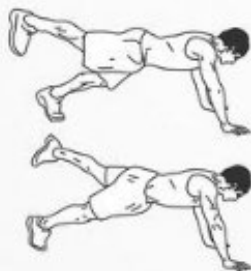
2. jumping jacks



3. squats



4. lunges



5. plank leg raises



6. climbers



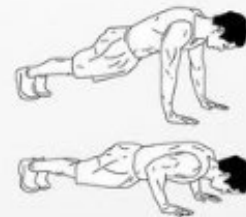
7. bicycle crunches



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

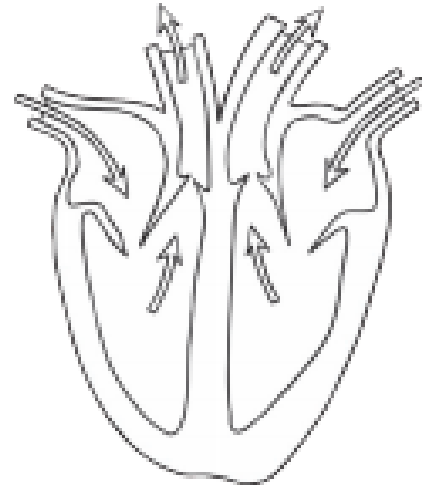
Your Heart

The heart is a muscle in your chest made up of four chambers:

- the right atrium;
- the left atrium;
- the right ventricle;
- the left ventricle.

Your heart is protected by your ribs and pumps blood around your body. This is what happens:

Your blood 'picks up' the oxygen from your lungs and then it travels to your heart. The heart pumps or pushes the blood around your body by using the muscles in its walls. These muscles contract to push the blood around the body. Arteries carry the blood to every part of your body so your muscles and organs can use the food and oxygen to make them work. Veins carry blood back to your heart when all the oxygen has been used so the blood can be pumped back to your lungs again to 'pick up' more oxygen.



Task 1: Complete the following paragraph using the paragraph above to help you.

The heart is a _____ in your chest made up of _____ chambers. The heart is protected by the _____. The heart acts like a _____ pushing blood around the body. This happens because the muscles in the _____ of the heart regularly contract, squeezing out the blood. Blood travels away from the heart in blood vessels called _____ and travels to _____ part of your body. The blood travels through _____ to return to the heart. Blood collects _____ from the lungs then returns to the heart to begin the cycle again.

Task 2: Put a tick or a cross next to each of the following statements to show whether they are good or bad for your heart:

- | | | | |
|---------------------------------|--------------------------|----------------------------|--------------------------|
| 1) Walking to the shops | <input type="checkbox"/> | 6) Sitting and watching TV | <input type="checkbox"/> |
| 2) Eating lots of sweets | <input type="checkbox"/> | 7) Walking the dog | <input type="checkbox"/> |
| 3) Eating fruits and vegetables | <input type="checkbox"/> | 8) Drinking lots of water | <input type="checkbox"/> |
| 4) Playing football | <input type="checkbox"/> | 9) Going for a bike ride | <input type="checkbox"/> |
| 5) Driving to the shops | <input type="checkbox"/> | 10) Playing computer games | <input type="checkbox"/> |

Heart Rate

Find out what happens to your heart rate when you do physical activities!

Heart rates are calculated in beats per minute (bpm). Your regular resting heart rate (when you are not doing any physical activities) should range between 60 and 100 bpm.

Use this table to calculate your heart rate:

	Beats in 10 seconds	Multiply by 6	Beats per minute
Resting		$\times 6$	
Jogging		$\times 6$	
Jumping Jacks		$\times 6$	
Resting		$\times 6$	

What happened?

