

HOME LEARNING

PE - Year 8 – 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-MJMUm3LDk>

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.

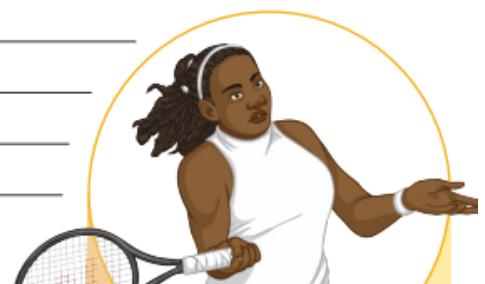
Sport and Personality

Do you think someone's personality has an influence on the type of sport you play or watch? Explain why.

Do you think that different sports require different personality traits? If so, give one example and some traits that you think are required.

Enthusiasm is a personality trait common in many sports performers. Do you think a team or performer that may be lacking in ability can make up for this with enthusiasm? Explain your thoughts with an example.

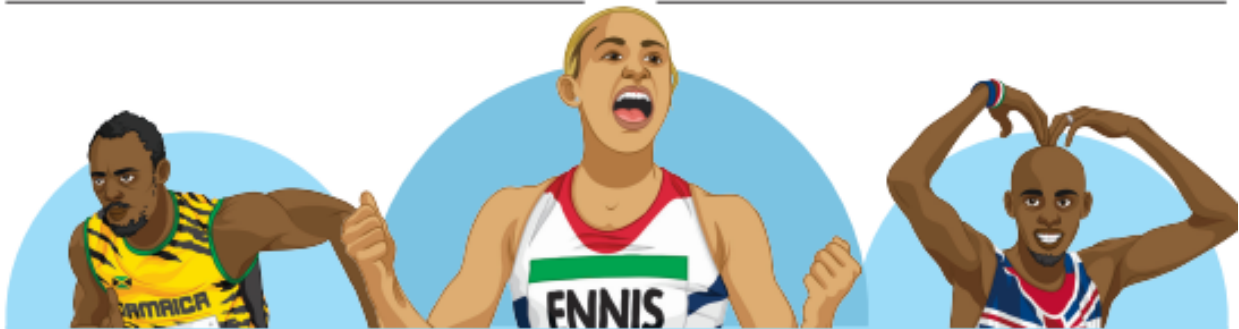
Think about some athletes who may be seen as 'world class' in their sport. Do they have any personality traits in common? What are they?



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

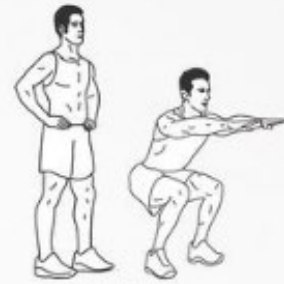
1 minute each exercise / 1 minute rest after each exercise



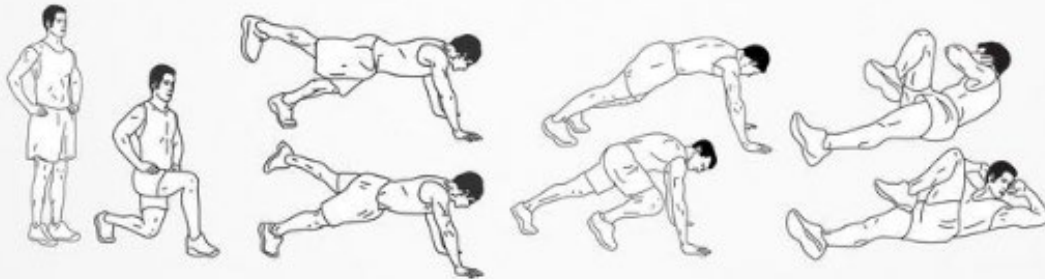
1. high knees



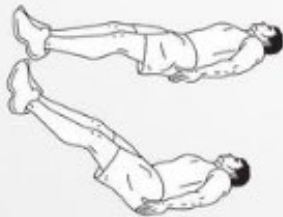
2. jumping jacks



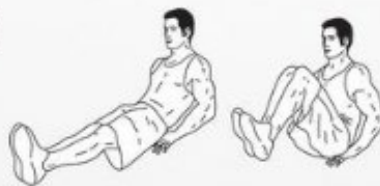
3. squats



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

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