

# HOME LEARNING

## PE - Year 11 – 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

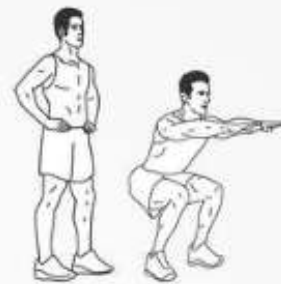
1 minute each exercise / 1 minute rest after each exercise



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



Imagine you are the head of P.E. at Bower Grove School. Write a letter that you would send out to all parents highlighting why P.E. is important and encouraging them to ensure their child participates as often as possible.

**OR**

Design a poster to display in your school to promote the importance of P.E.

**If you have queries about this work, please contact me at [sdowling@bower-grove.kent.sch.uk](mailto:sdowling@bower-grove.kent.sch.uk)**