

# HOME LEARNING

## OAKS

### Home Learning 2

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.

<https://www.youtube.com/watch?v=q20pLhdoEoY> - HIIT Home Workout for beginners

<https://www.youtube.com/watch?v=bSXR6V9q6rM> - Workout 1: 15 Minute Home Workout | The Body Coach Beginner Workout Series

<https://www.youtube.com/watch?v=NFihdhNFhdo> - 5 Minute Abs | The Body Coach

Please submit this work to me at [mwhite@bower-grove.kent.sch.uk](mailto:mwhite@bower-grove.kent.sch.uk) – **2 GOLDEN TOCKENS** for this first piece of work received then **1 GOLDEN TOCKEN** for any work after that!!

Pick a sport and complete the questions below:

Key skills needed in the sport:

What tactics and strategies can you use in the sport to gain an advantage.

What are your strengths in the sport and how do they have a positive effect in competitive matches?

Analyse one of your weaknesses that you would like to improve. Why is it a weakness and design a drill to improve it

For three days can you complete these challenges below?

## PE Circuit Recording Sheet

Exercises	First Attempt	Second Attempt	Third Attempt
<b>Plank</b> Did you do the plank for the full minute? Yes or no?			
<b>Burpees</b> How many in 1 minute?			
<b>Sit Ups</b> How many in 1 minute?			
<b>Shuttle Runs</b> How many in 1 minute?			
<b>Squats</b> How many in 1 minute?			
<b>Star Jumps</b> How many in 1 minute?			
<b>Lunges</b> How many in 1 minute?			
<b>Press Ups</b> How many in 1 minute?			
<b>Wall Throws</b> How many in 1 minute?			
<b>Side Reaches</b> How many in 1 minute?			
<b>Tricep Dips</b> How many in 1 minute?			
<b>Seal Raises</b> How many in 1 minute? 			