

HOME LEARNING

Year 7

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 – **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
Plank Did you do the plank for the full minute? Yes or no?			
Burpees How many in 1 minute?			
Sit Ups How many in 1 minute?			
Shuttle Runs How many in 1 minute?			
Squats How many in 1 minute?			
Star Jumps How many in 1 minute?			
Lunges How many in 1 minute?			
Press Ups How many in 1 minute?			
Wall Throws How many in 1 minute?			
Side Reaches How many in 1 minute?			
Tricep Dips How many in 1 minute?			
Seal Raises How many in 1 minute? 			