

HOME LEARNING

Year 11

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 sdowling@bower-grove.kent.sch.uk –
2 GOLDEN TOKENS for this first piece of work received then **1 GOLDEN TOKEN** for any work after that!!

Sport and Business

Sport is now big business around the world. It often involves large amounts of money.

Can you give the positive effects of this on sport?

Can you give the negative effects of this on sport?

Write a speech that you could deliver to your class outlining your views on money in sports. You can write a speech that supports or argues against the large amounts of money in sports. It's up to you! **Feel free to research and put in facts.**
