

HOME LEARNING

Year 9

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!!

Why is P.E. Important?

Make a note of up to three of your favourite activities of sports that you have done in P.E. and explain why they are your favourite.

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.