

HOME LEARNING

Year 8

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!!

Task 1

In year eight you participate in a wide range of sports, make a time table over a whole school year of activities you would like to take part in. Only have two sports per term. There are 6 terms in total.

Task 2

- A) For each activity state why you would choose it.
- B) In every teaching group there are varying abilities, for each sport suggests how you could make sure that everyone was involved all the time.

Task 3

You have been asked now to take one of the lessons. Use diagrams and descriptions to suggest what the content of the lesson would be. Include:

1. Warm Up
2. Skills
3. Main Content of the lesson based around a topic. For example Passing in Football.
4. End Game Activity

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? 			

