

HOME LEARNING

Year 8 - Home Learning 4

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=iEsZITtRiWQ&list=PLyCLOpd4VxBtuM-_HKeZSDSCKaVlhYiVL&index=3 - Workout 3 | Intermediate HIIT | The Body Coach Beginner Workout Series

https://www.youtube.com/watch?v=ZBC72AoTcCE&list=PLyCLOpd4VxBtuM-_HKeZSDSCKaVlhYiVL&index=4 - Workout 4 | HIIT & Abs | The Body Coach Beginner Workout Series

Please submit this work to me at mwhite@bower-grove.kent.sch.uk – **2 GOLDEN TOKENS** for this first piece of work received then **1 GOLDEN TOKEN** for any work after that!!

Worksheets are below.

Heart Rate

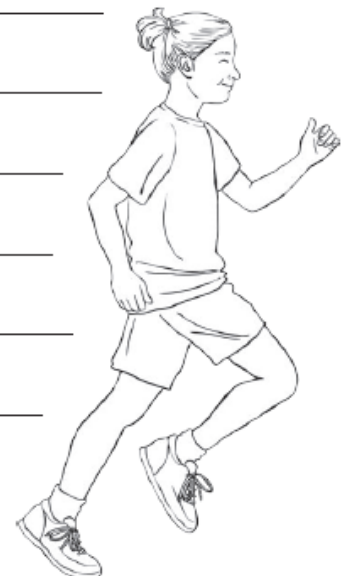
Find out what happens to your heart rate when you do physical activities!

Heart rates are calculated in beats per minute (bpm). Your regular resting heart rate (when you are not doing any physical activities) should range between 60 and 100 bpm.

Use this table to calculate your heart rate:

	Beats in 10 seconds	Multiply by 6	Beats per minute
Resting		×6	
Jogging		×6	
Jumping Jacks		×6	
Resting		×6	

What happened?



Fitness Heart Rates



What does our heart rate show? What happens to our heart rate during exercise?

Resting heart rate (one-minute) = _____

After warm up (one-minute) = _____

Activity	Pulse (15 seconds)	Pulse (1 minute)

One-minute after exercise = _____

Two-minutes after exercise = _____

Three-minutes after exercise = _____

Which activity raised your heart rate the highest? Why?

Give this work out a try at home

20-MINUTE, NO-RUNNING CARDIO BLAST

	> 0:00-1:00 march with arm circle
	> 1:00-2:00 jumping jack
	> 2:00-3:00 high-knee run
	> 3:00-4:00 long jump & shuffle back
	> 4:00-5:00 butt-kicker run

	> 5:00-6:00 burpee
	> 6:00-7:00 cross-jack
	> 7:00-8:00 lunge skip
	> 8:00-9:00 mountain climber
	> 9:00-10:00 side skater

If you have queries about this work, please contact me at mwhite@bower-grove.kent.sch.uk