Class: Year 11

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-_HKeZSDSCKaVIhYiVL&index=3 - Workout 3 | Intermediate HIIT | The Body Coach Beginner Workout Series

https://www.youtube.com/watch?v=ZBC72AoTcCE&list=PLyCLoPd4VxBtuM-_HKeZSDSCKaVIhYiVL&index=4 - Workout 4 | HIIT & Abs | The Body Coach Beginner Workout Series

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

Sport and Personality

Do you think someone's personality has an influence on the type of sport you play or watch? Explain why.

Do you think that different sports require different personality traits? If so, give one example and some traits that you think are required.

Enthusiasm is a personality trait common in many sports performers. Do you think a team or performer that may be lacking in ability can make up for this with enthusiasm? Explain your thoughts with an example.

Think about some athletes who may be seen as 'world class' in their sport. Do they have any personality traits in common? Who are they?

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