HOME LEARNING

Year 7 – P.E. – Home Learning 8

Please try and stay as physically active as possible whilst at home. Included is a link 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.

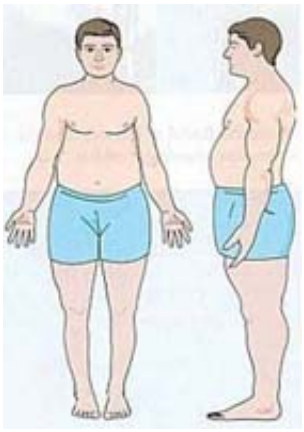
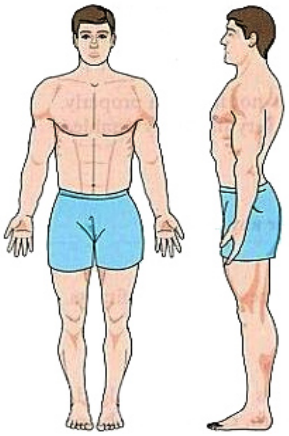
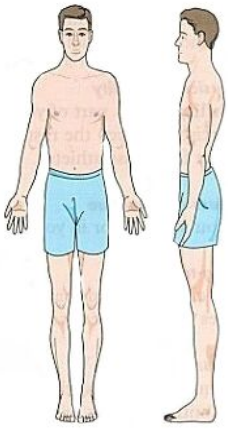
Home cardio workout - https://www.youtube.com/watch?v=rKf6YpYcb1s

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!!

Worksheet is below.

Somatotypes

1. Label each of the three main somatotypes. They are Mesomorph (Muscle), Ectomorph (no fat) and Endomorph.
2. Give two characteristics of their body type.
3. Give two sporting examples of activities which people with each body type might excel at.

Body type: 	Body type: 	Body Type: 
Description:	Description:	Description:
Examples:	Examples:	Examples:

What somatotype would you give:

a. A Gymnast_____
b. A Boxer_____
c. A marathon runner_____
d. A Sprinter_____
e. A weightlifter_____
f. A Jockey_____
g. A Sumo Wrestler _____

Give this work out a try

Muscular Endurance Challenges

Plank Hold: How long can you maintain a plank position for? ____ mins/secs

Try these other variations:

A

B

C

____ mins/secs ____ mins/secs ____ mins/secs

Wall Sit: How long can you maintain this position for? _____

How many press ups can you complete in a minute?: _____

How many Sit ups can you complete in a minute?: _____

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