

HOME LEARNING

Class: Year 10 PE Pack 9

Please try and stay as physically active as possible whilst at home. Included are some exercises that can be completed whilst you are at home. Please try and do the full circuit at least twice a week.

abdominal workout - <https://www.youtube.com/watch?v=CI7oITd5pCo>

Cardio Workout - <https://www.youtube.com/watch?v=gUWFmn8f3H4>

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!!

Sport and Business

Sport is now big business around the world. It often involves large amounts of money.

Can you give the positive effects of this on sport?

Can you give the negative effects of this on sport?

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