

# HOME LEARNING

## OAKS – PE – Pack 9

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.

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 [mwhite@bower-grove.kent.sch.uk](mailto: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!!

**Worksheet is below.**

### **Activity 1** –Design a fun warm up game for 10 pupils

- Choose either Rugby/Football/Basketball and design a warm up game.
- There must be three phases of the activity with the warm up game being the final phase.

**Phase 1.** Basic exercise (Jogging, running)

**Phase 2.** Stretching (give stretches for upper body and lower body)

**Phase 3** A drill/game linked to the sport

- The game must include Rules, organisation of the activity for example sizes of areas and the amount of players.
- Use diagrams to help you.

### **Activity 2**

Choose a skill within the chosen sport and attempt to create a drill to coach to a group of 10 pupils. Aspects to include are:

- What is the main aim (to be able to.....)
- Size of space
- Numbers per group
- Rules

The drill should cater for individuals new to the sport learning the skills for the first time and those that are familiar and have played before.

**Be creative try and make the drills fun.**

### **Available Equipment**

The Equipment provided is a set of balls, bibs, cones and Goals/Posts.

Give this work out a try

**cardio** **hill** **workout**

repeat 3 times  
rest between sets  
up to 2 minutes  
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1 5 jumps on the spot

2 10 star jumps

3 10 mountain climbers

4 20 star jumps

5 20 mountain climbers

If you have queries about this work, please contact me at [mwhite@bower-grove.kent.sch.uk](mailto:mwhite@bower-grove.kent.sch.uk)