

HOME LEARNING

Year 8 – P.E. Pack 9

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.

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 – **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. Aerobic Exercise (Jogging, running)

Phase 2. Stretching. Static (still) or dynamic (whilst moving) naming muscle groups or areas.

Phase 3 Skilled activities relating to the sport.

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

Activity 2

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

- The break down of the skill. For example striking the centre of the ball.
- Organisation
- Size of space
- Numbers per group
- Rules
- Outcome? What are the individuals trying to achieve at the end.

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. This can be achieved by breaking the activity into stages so that the individual can progress further at their own rate. This may be something as simple as increasing the distance of the area used or shortening it. Time restrictions and touch restrictions may also help.

Be creative try and make the drills fun.

Available Equipment

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

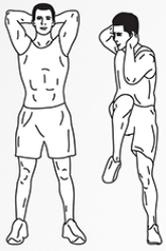
Extension Activity 3

Complete tasks 1 & 2 and choose your own sport.

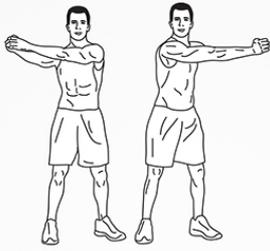
Give these workouts a try

standing abs

repeat 5 times | up to 2 minute rest between sets
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20 knee-to-elbows



20 side-to-side chops



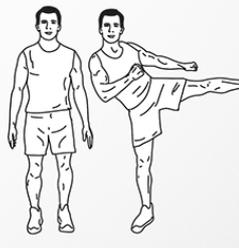
10 cross chops



20 high knees



20 twist jumps

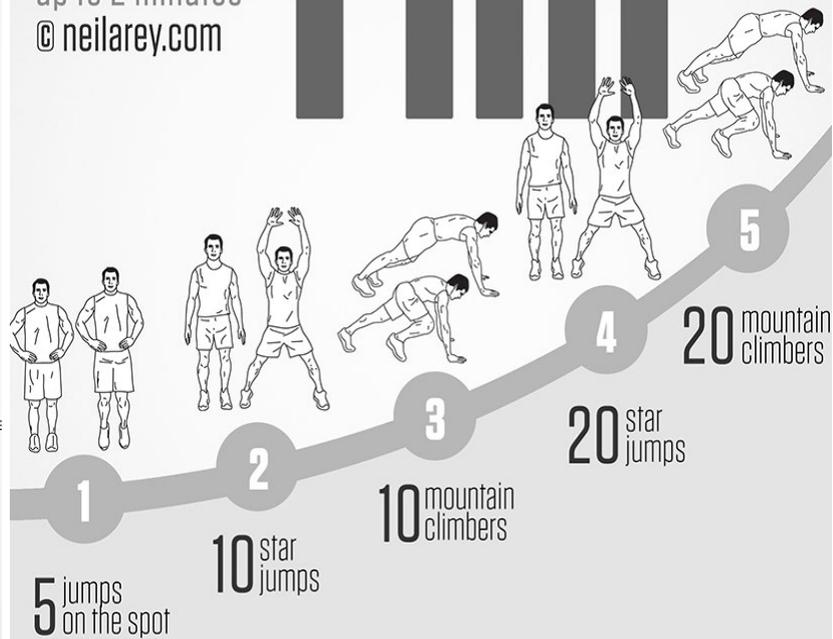


10 side leg raises

cardio

repeat 3 times
rest between sets
up to 2 minutes
© neilarey.com

hill workout



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