Class: Year 10

Task 2

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

'Rugby is for boys, Gymnastics is for Girls'

Traditionally, certain sports are more popular with female competitors and others with male competitors. Although sports of all kinds are increasingly played by people of both genders, some sports are still thought of as exclusively 'male' or 'female'.

Can you name sports that are often considered to be 'male' and sports that are considered to be 'female'?

Can you think why this is?

What may stop boys from taking part in dancing and girls taking part in boxing?

Do you think males and females should compete together in all sports, just some sports or not at all? Does your opinion also apply to professional sports? (Consider how a P.E. lesson differs from a sport you play to earn a living.)