

# HOME LEARNING

## Year 11

### Task 3

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=EI9YG1Huq88> - Workout 2: 15 Minute Beginners HIIT Workout | The Body Coach

<https://www.youtube.com/watch?v=N0VbSpQMjka> - 6 Minute Abs | The Body Coach

### Sport as a Job

Very few people get the opportunity to play sport for a job and earn a living.

Would you or any of your friends like to make a living playing sport? If so which sport?

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Why do you think it is so difficult to earn a living from playing sport?

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