

# HOME LEARNING

## PE - Year 8

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.

Cardio Workout - <https://www.youtube.com/watch?v=o-MJMUm3LDk>

## Sport and Personality

Do you think someone's personality has an influence on the type of sport you play or watch? Explain why.

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Do you think that different sports require different personality traits? If so, give one example and some traits that you think are required.

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Enthusiasm is a personality trait common in many sports performers. Do you think a team or performer that may be lacking in ability can make up for this with enthusiasm? Explain your thoughts with an example.

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Think about some athletes who may be seen as 'world class' in their sport. Do they have any personality traits in common? What are they?

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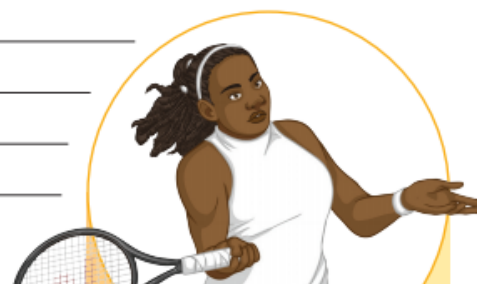
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# Sporting Role Models

Who is your favourite sportsperson? Why?

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How much influence do you think they have over you and others?

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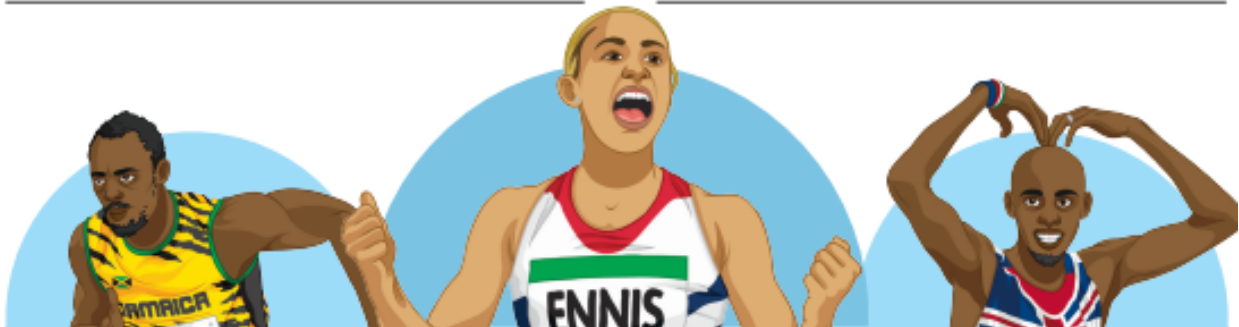
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If a famous sportsperson is in the headlines for the wrong reasons – such as poor behaviour or cheating – would you feel differently about them? Explain why or why not.

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Is it important that sporting role models behave well away from the sporting arena? Give at least three reasons for your answer.

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Give this work out a try

# 1&1 WORKOUT

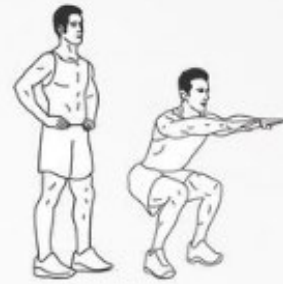
1 minute each exercise / 1 minute rest after each exercise



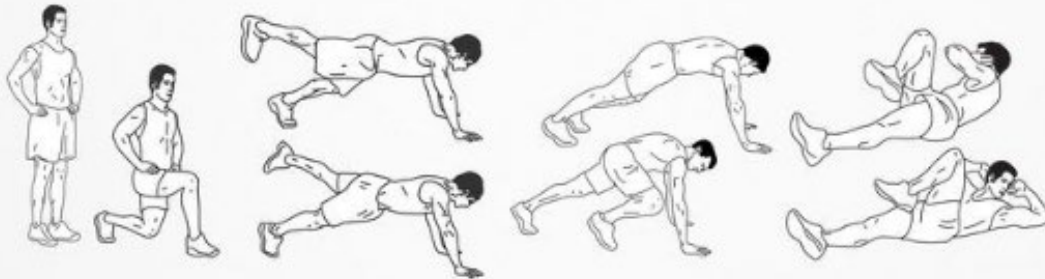
1. high knees



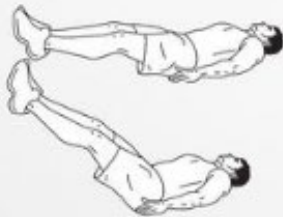
2. jumping jacks



3. squats



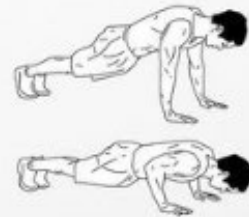
4. lunges 5. plank leg raises 6. climbers 7. bicycle crunches



8. leg raises



9. knee pull-ins



10. push-ups

sets level I 3 sets level II 4 sets level III 6 sets rest between sets up to 3 minutes