

# HOME LEARNING

## Physical Education

Year 11

Week 1

Take part in these workouts. You need a chair or you could use the end or side of a bed.

<https://www.youtube.com/watch?v=ybVMu31DLQU>

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

Design a home fitness routine and create a diary of your daily/weekly exercise.

What items in the cupboard can you use?

Please be safe and ask permission of your parent or carer beforehand.

Here are a few ideas to help you.



