

WEEK 1: HOW FAST CAN YOU RUN 1 MILE IN?

RECORD YOUR PERSONAL BEST!

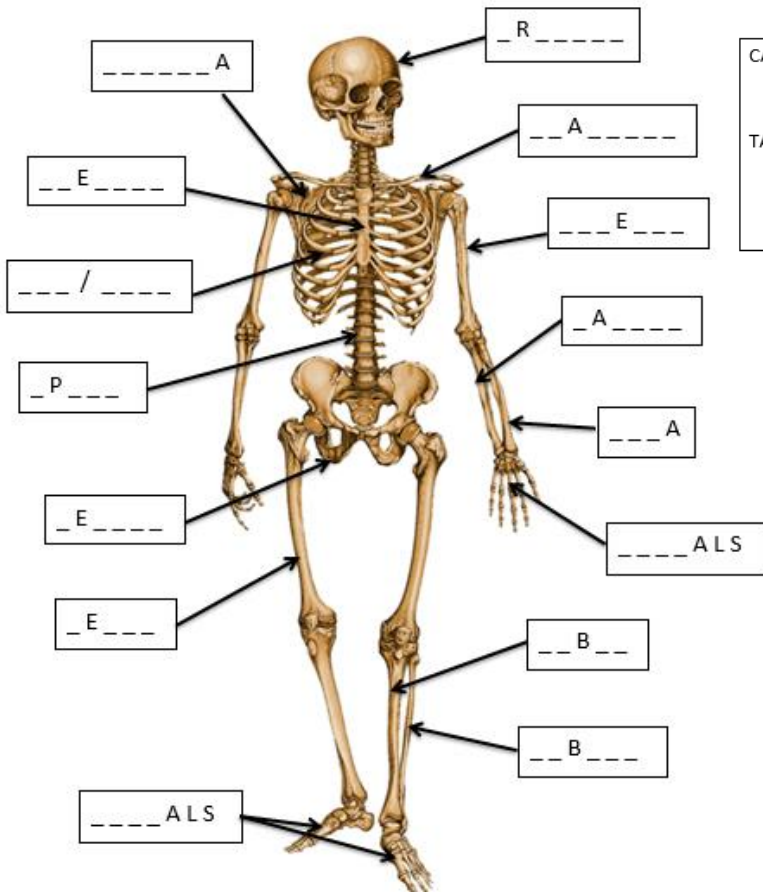


Safety points to consider: Run somewhere safe or with an adult, let your parents or a supervising adult know where you are running and remember to wear appropriate clothing for the activity.

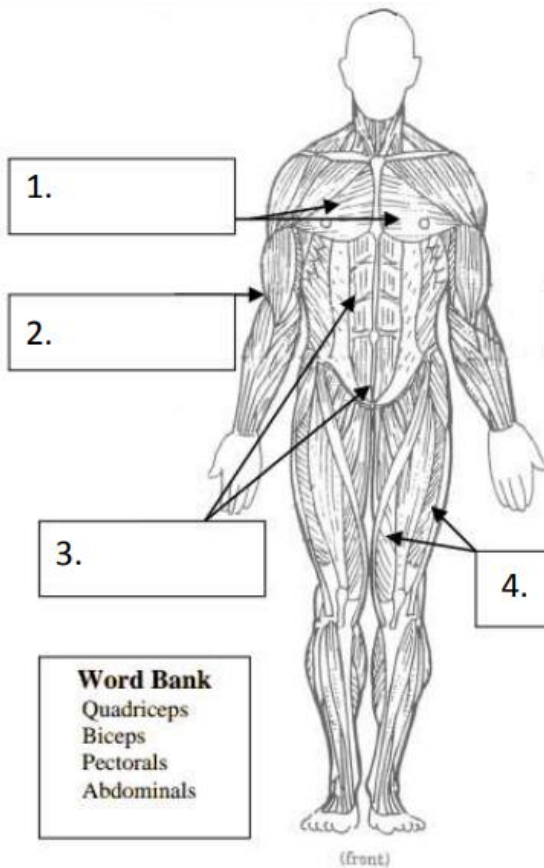
Complete this challenge in week 1 and then see if you can improve on your first result. Record your results below and highlight your personal best time.

Attempt Number	Time
1	
2	
3	
4	
5	
6	

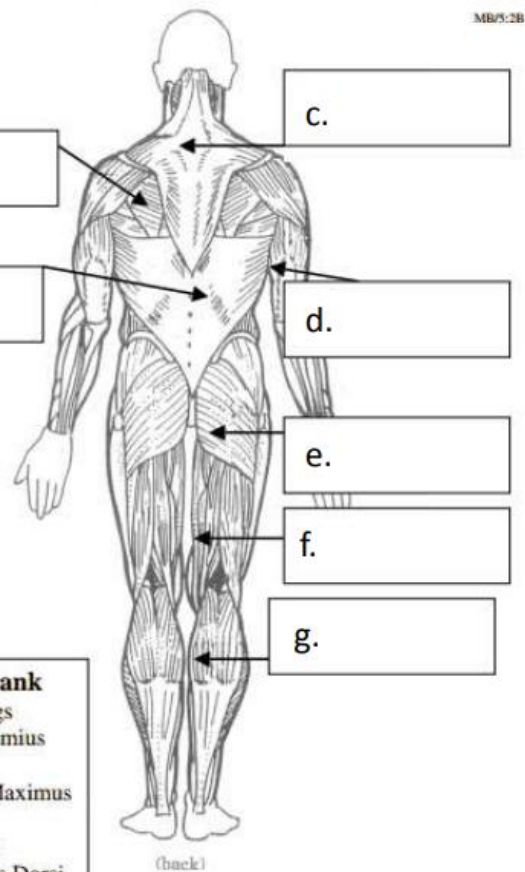
WEEK 2: CAN YOU LABEL THE BONES & MUSCLES?



CARPALS	PELVIS	ULNA	FEMUR	SPINE
	RIB CAGE	CRANIUM	SCAPULA	TIBIA
TARSALS		RADIUS	CLAVICLE	FIBULA
		HUMERUS	STERNUM	



Word Bank
 Quadriceps
 Biceps
 Pectorals
 Abdominals



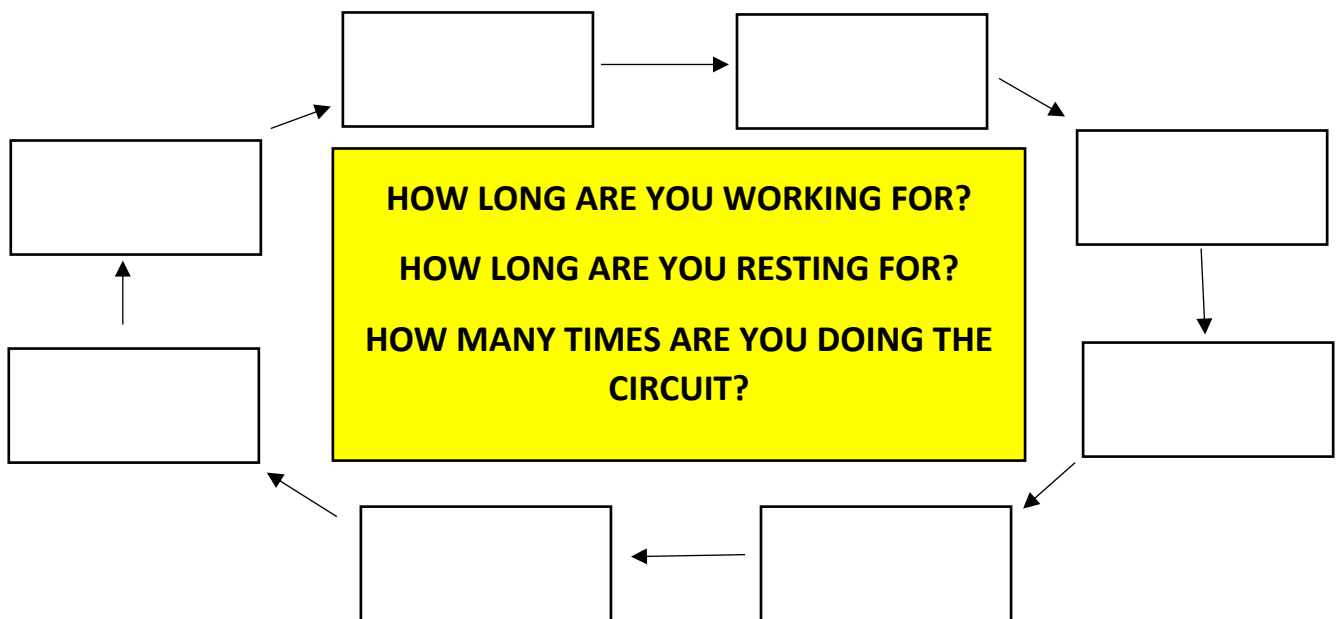
Word Bank
 Hamstrings
 Gastrocnemius
 Triceps
 Gluteus Maximus
 Deltoids
 Trapezius
 Latissimus Dorsi

MB/5:2B

WEEK 3: CREATE YOUR OWN CIRCUIT

The circuit training comprises 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. The exercises within each circuit are separated by a short rest period, and each circuit (or lap) is separated by a longer rest period. The total number of circuits performed during a training session may vary from two to six depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or competition) and your training objective.

Using the template create and perform your own circuit.



Some exercise examples in case you get stuck:

Squats

Jumping Jacks

Mountain climbers

Lunges

Plank

Sit-ups

Push ups

Chair dips

High knees

You could also use any of the exercises from PE with Joe Wicks. The timings he uses are very realistic as well such as 30 seconds work and 30 seconds rest.

WEEK 4: PROGRESSION & OVERLOAD

Progression & overload are both principles of training, they are important within the subject of PE for both practical and theory lessons

Your task is to find out what they mean and give a definition. You must then come up with an example of how they are applied to sport.

Principle	Definition	Example
Progression		
Overload		


WEEK 5: COMPONENTS OF FITNESS CHALLENGE

The components of fitness can be used to help understand the different requirements of sporting activities. They are split into health-related and skill-related components.

Your task is look up the components of fitness and then sort them into health & skill related components. STRETCH: Could you come up with a sporting example of where this component is used?

Health Related		Skill Related	
C _____ E _____	Example:	A _____	Example:
M _____ E _____	Example:	B _____	Example:
M _____ S _____	Example:	C _____	Example:
F _____	Example:	P _____	Example:
B _____ C _____	Example:	R _____ T _____	Example:
	Example:	S _____	Example:

WEEK 6: OUTDOOR ADVENTUROUS ACTIVITIES

TASK: Go out for a walk on a local, public footpath and see if you can find the following things. Create your own, made up map symbol first and then research the correct symbols using the internet or maybe the OS map app. For example the map symbol for a picnic site is 

	✓ or X	Symbol
Bird		
Flower		
Pond/River		
Church		
Fruit tree		
Feather		
Animal tracks		
Birds nest		
Butterfly		
Farm animal		
Picnic area		

What else did you see on your walk that was not on the list?

Safety points to consider: Walk somewhere safe or with an adult, let your parents or a supervising adult know where you are walking, and wear appropriate clothing for the activity.