

HOME LEARNING – PE

- Search 'Joe Wicks Kids Workout' on YouTube and complete a variety of different ones.
- Use YouTube to watch an England International match or sporting performance and complete an evaluation, e.g. What are their strengths? What tactics / skills can you see being used successfully? Which areas do they need to improve?
- Pick a sportsperson and write a profile on them (e.g. Alex Ferguson, Usain Bolt, Tyson Fury, Howard Webb, Tracey Neville, Jonny Peacock, Jess Ennis-Hill, Megan Rapinoe, Serena Williams) including their career, achievements and their journey.

- Label the body with the following muscles (biceps/triceps/ quadriceps/ abdominals / hamstrings / gastrocnemius / deltoid / gluteus maximums)

