

Home Learning Instructions

Subject: PE Year 8

Week: 6

Objectives:

- To complete four fitness challenges throughout the week and log what you have completed.

Learning activities (in order to be completed):

- Using the PE PowerPoint provided, complete 4 different fitness videos and log what you have done. You must also follow a warm-up before starting each fitness video.
- Can you take your pulse before and after the exercise videos and record the difference between resting and active heart rates?
- Record which fitness videos you found the most challenging and why? Which videos made your pulse rise the most, why do you think that was the case?

Resources:

- Computer
- PowerPoint
- A small safe space
- Pen and paper

Key vocabulary:

Cardiovascular exercise.

When work has been completed, please send to your teacher at @windsorpark.staffs.sch.uk using your school email account.