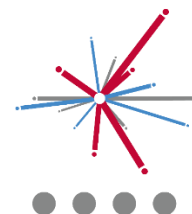


# Ark Pioneer learning at Home

## Extended Curriculum

### Physical Education



#### Work to be completed

Practical

- Work 1 – Getting active
- Work 2 – Home Circuit

#### Resources / links to help with work:

- Resource 1 [file:///pio-file2.secondary.arkschools.local/Homes\\$/d.burton/Documents/Curriculum/Home%20Learning/Netflix-Board-at-home-PE-board-1.pdf](file:///pio-file2.secondary.arkschools.local/Homes$/d.burton/Documents/Curriculum/Home%20Learning/Netflix-Board-at-home-PE-board-1.pdf)

Different fitness challenges – Give them a go! (these workouts will be like the ones completed in PE)

- Resource 2 - [file:///pio-file2.secondary.arkschools.local/Homes\\$/d.burton/Documents/Curriculum/Home%20Learning/Netflix-ISHCMC-Primary.pdf](file:///pio-file2.secondary.arkschools.local/Homes$/d.burton/Documents/Curriculum/Home%20Learning/Netflix-ISHCMC-Primary.pdf)

Different fitness challenges - Give them a go! (these exercises are simplified)

- Resource 3 - <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Join Joe Wicks live 9am – 10am Monday to Friday – try to complete at least twice a week.

- Resource 4 - <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

Use BBC bitesize to read about topics we have looked at or topics that we will cover in the future. You can also self-quiz on this website.

#### How will this work be checked?

Each week you will be given 'red pen work' to carry out corrections on the learning that you are doing at home.

If you complete your work to a really high standard please email a picture to your form tutor or to [info@arkpioneer.org](mailto:info@arkpioneer.org) and we will upload the best examples to celebrate on our website!

#### How much time should I be studying and what happens if I don't finish all my work?

For core curriculum subjects you are expected to do 30min each day as a minimum. Those subjects are English language, English literature, Maths, Science, History and Geography. These subjects all have a weekly quiz and will be checked in on by your form teacher when they call each week.

All other subjects are 'Extended Curriculum' and they should be done after you have finished the Core Curriculum tasks for the day. You should plan to do work in different subjects each day. We recommend that pupils do one hour per week in each of the 'extended curriculum' subjects.

We recognise that it is not possible for all pupils to complete all work given the exceptional circumstance. Please speak with your form tutor about the work if it is becoming unmanageable.



*Aim high*



*Have integrity*



*Be kind*



*Model determination*

# THE MENTAL HEALTH BENEFITS OF EXERCISE

## FOR CHILDREN AND TEENAGERS



Increases self esteem



Improves social wellbeing



Improves attention



Improves decision making



Improves personal growth



Reduces risk of depression



Reduces anxiety



Can help children feel as though they are in charge of situation



Improves sleep



Increases autonomy



Can provide children with a more positive view of themselves

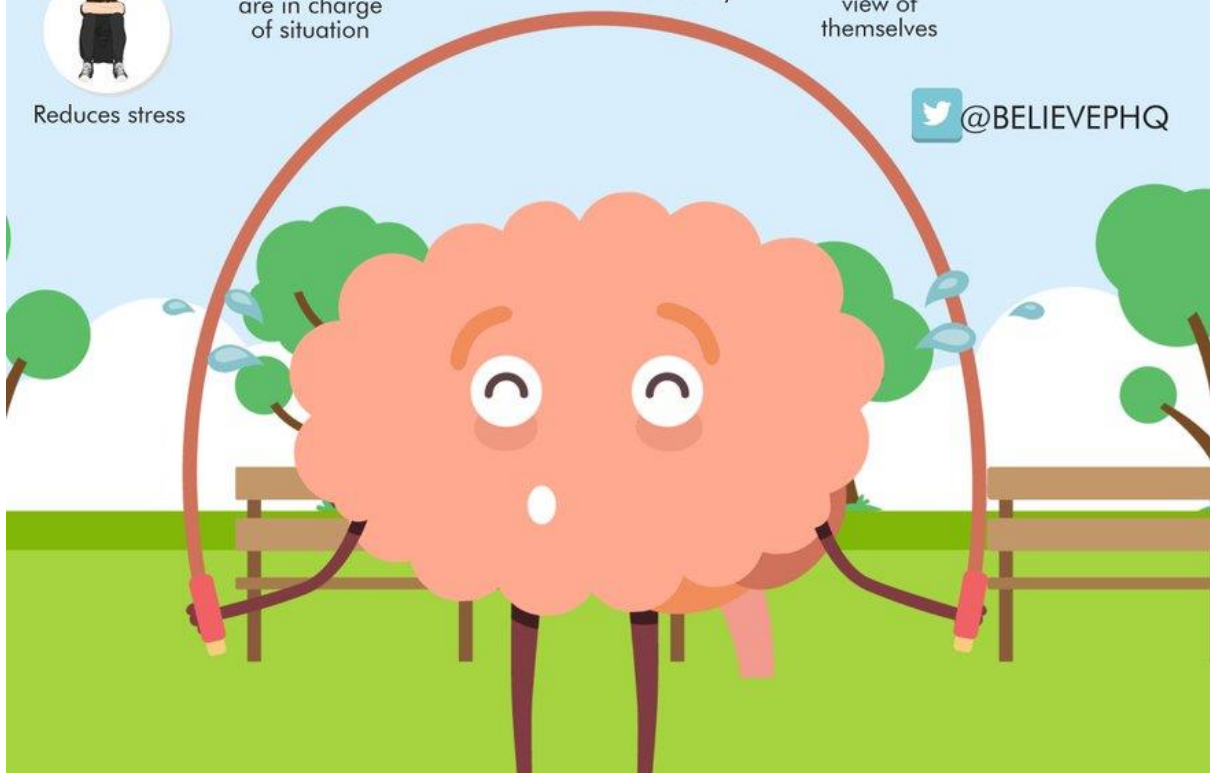


Increases confidence



Reduces stress

 @BELIEVEPHQ



# Joe Wicks Home Workout

Join the nation in keeping active.

Every day on

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

From 9am – 10am



## Practical - Work 1

1. Complete one of the practical activities each day.

Option	Monday	Tuesday	Wednesday	Thursday	Friday
A	<p><b>Joe Wicks workout</b></p> <p><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p> <p>Or Fitness Circuit (see back of sheet)</p>	<p><b>Flexibility training</b></p> <p><a href="https://www.youtube.com/watch?v=SNNKQlkoPqQ">https://www.youtube.com/watch?v=SNNKQlkoPqQ</a></p>	<p><b>Shadow boxing</b></p> <p>Copy the boxer, without using the heavy bag</p> <p><a href="https://www.youtube.com/watch?v=kbgekTTSau8">https://www.youtube.com/watch?v=kbgekTTSau8</a></p>	<p><b>Ball skills</b></p> <p><a href="https://www.youtube.com/watch?v=kCt1bmSASCI">https://www.youtube.com/watch?v=kCt1bmSASCI</a></p>	<p><b>Joe Wicks workout</b></p> <p><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p> <p>Or Fitness Circuit (see back of sheet)</p>
B	<p><b>Dance routine</b></p> <p><a href="https://www.youtube.com/watch?v=29pQw2e1Ugg">https://www.youtube.com/watch?v=29pQw2e1Ugg</a></p>	<p><b>Shadow boxing</b></p> <p>Copy the boxer, without using the heavy bag</p> <p><a href="https://www.youtube.com/watch?v=kbgekTTSau8">https://www.youtube.com/watch?v=kbgekTTSau8</a></p>	<p><b>Ball skills</b></p> <p><a href="https://www.youtube.com/watch?v=kCt1bmSASCI">https://www.youtube.com/watch?v=kCt1bmSASCI</a></p>	<p><b>Dance routine</b></p> <p><a href="https://www.youtube.com/watch?v=29pQw2e1Ugg">https://www.youtube.com/watch?v=29pQw2e1Ugg</a></p>	<p><b>Flexibility training</b></p> <p><a href="https://www.youtube.com/watch?v=SNNKQlkoPqQ">https://www.youtube.com/watch?v=SNNKQlkoPqQ</a></p>

## Practical – Work 2

1. Complete the home circuit below.
2. One minute per exercise.
3. One-minute rest between activities.
4. Complete the circuit

### APA Fitness Circuit

One minute per exercise, with one-minute rest in between each exercise.

Complete the circuit twice.

Name of exercise	Week 1		Week 2		Week 3		Week 4		Week 5	
	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
Lunges										
Press ups										
Sit ups										
Squats										
Arm circles										
Star jumps										
Plank										
Squat thrusts										

How to perform the exercises.

#### LUNGES



#### SIT UPS



#### PRESS UPS



#### SQUATS



#### ARM CIRCLES



#### STAR JUMPS



#### PLANK



#### SQUAT THRUSTS





