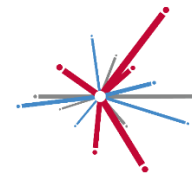


Ark Pioneer learning at Home

Extended Curriculum



Physical Education 体育 – with Chinese Translations ● ● ● ●

Work to be completed - 待完成的工作

Practical 实际的

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

Resources / links to help with work - 帮助工作的资源/链接::

- 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? - 如何检查这项工作 ?

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 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?

我应该学习多少时间？如果我没有完成所有工作会怎样？

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

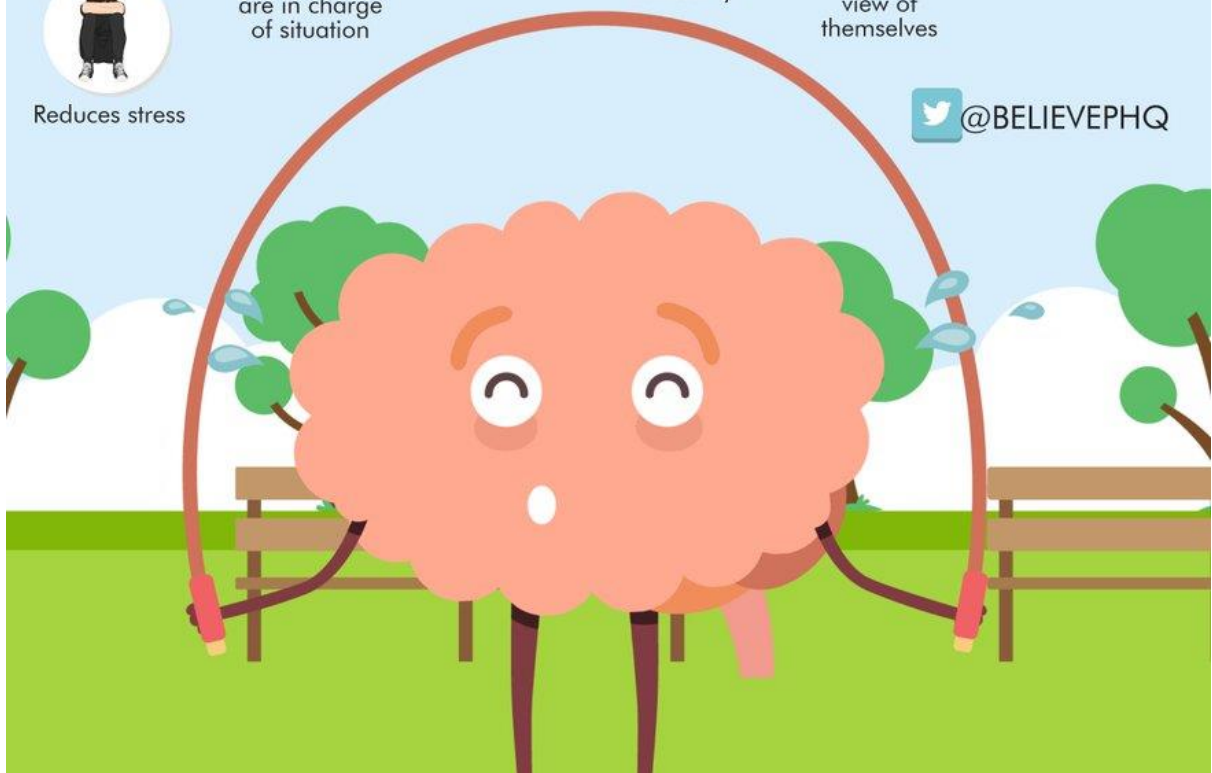


Increases confidence



Reduces stress

 @BELIEVEPHQ



Joe Wicks Home Workout 家庭锻炼

Join the nation in keeping active.

加入国家，保持活跃

Every day on

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

From 9am – 10am



Practical - Work 1 - 实用-工作1

1. Complete one of the practical activities each day. 每天完成一项实践活动。

Option	Monday	Tuesday	Wednesday	Thursday	Friday
A	<p>Joe Wicks workout 锻炼</p> <p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Or Fitness Circuit (see back of sheet)</p>	<p>Flexibility training 灵活性训练</p> <p>https://www.youtube.com/watch?v=SNNKQlkoPqQ</p>	<p>Shadow boxing 太极拳</p> <p>Copy the boxer, without using the heavy bag</p> <p>https://www.youtube.com/watch?v=kbgkeTTSau8</p>	<p>Ball skills - 球技</p> <p>https://www.youtube.com/watch?v=kCt1bmSASCI</p>	<p>Joe Wicks workout 锻炼</p> <p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p> <p>Or Fitness Circuit (see back of sheet)</p>
B	<p>Dance routine - 舞蹈常规</p> <p>https://www.youtube.com/watch?v=29pQw2e1Ugg</p>	<p>Shadow boxing - 太极拳</p> <p>Copy the boxer, without using the heavy bag</p> <p>https://www.youtube.com/watch?v=kbgkeTTSau8</p>	<p>Ball skills - 球技</p> <p>https://www.youtube.com/watch?v=kCt1bmSASCI</p>	<p>Dance routine - 舞蹈常规</p> <p>https://www.youtube.com/watch?v=29pQw2e1Ugg</p>	<p>Flexibility training - 灵活性训练</p> <p>https://www.youtube.com/watch?v=SNNKQlkoPqQ</p>

Practical – Work 2 - 实用-工作2

1. Complete the home circuit below. 完成下面的主回路。
2. One minute per exercise. - 每次运动一分钟。
3. One-minute rest between activities. - 活动之间休息一分钟。
4. Complete the circuit - 完成电路

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.

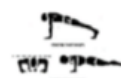
LUNGES



SIT UPS



PRESS UPS



SQUATS



ARM CIRCLES



STAR JUMPS



PLANK



SQUAT THRUSTS



