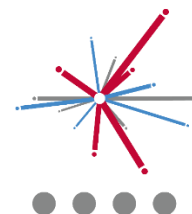


# Ark Pioneer learning at Home

## Extended Curriculum

### Physical Education



#### Work to be completed

Practical

- Work 1 – Cricket Project
- Work 2 - Getting active
- Work 3 – 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

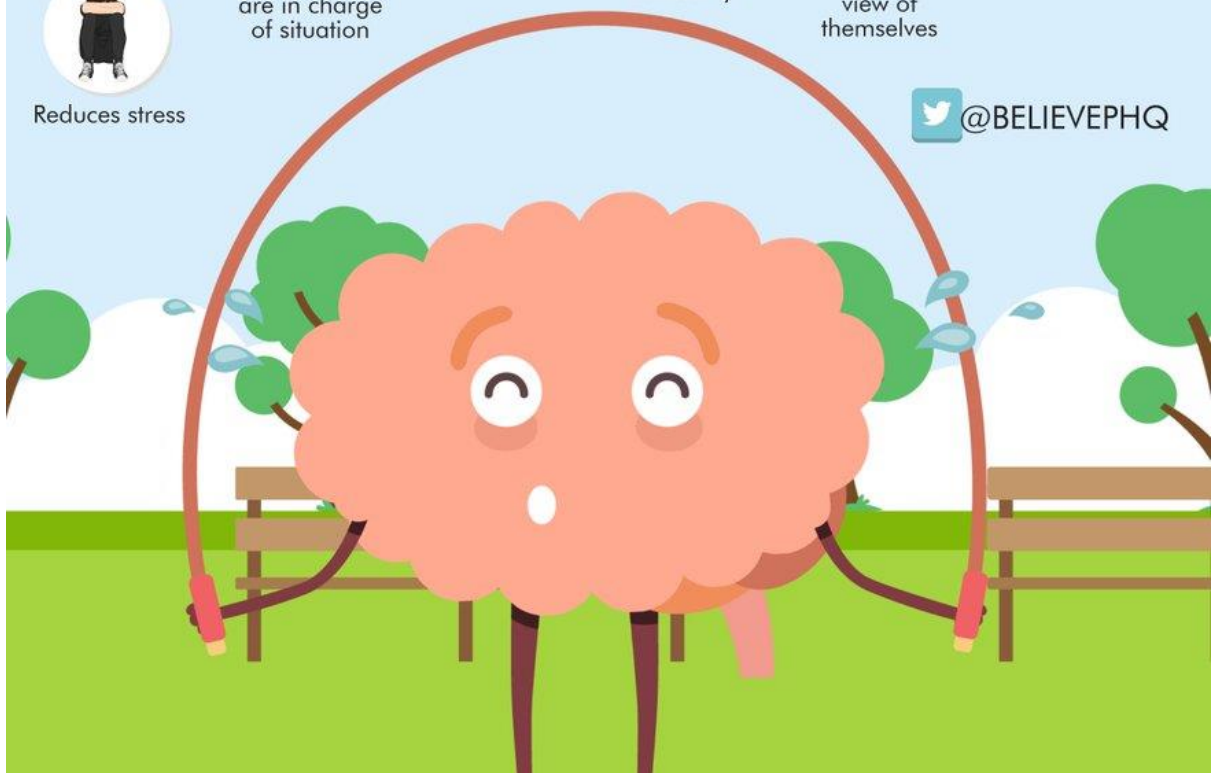


Increases confidence



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 – Cricket Project

In this project you will create a cricket coaching booklet to teach someone about the main skills and techniques in cricket. This will include fielding, bowling, batting and how a cricketer's attributes and training is specific to their event.

### **Components of Fitness**

<b>Component</b>	<b>Definition</b>
Aerobic endurance	Ability of cardiorespiratory system to work efficiently supplying oxygen to the muscles for a sustained period of time. Working aerobically for long periods of time.
Muscular endurance	Ability of the muscular system to work efficiently and continue to contract over a period of time against a light to moderate resistance – using muscles for long periods of time
Flexibility	The range of movement in the joints of the body, being able to move fluidly.
Speed	The quickness of an athlete to run a certain distance and is measured in metres per second, 3 types – acceleration, pure and endurance
Muscular strength	The maximum force a muscle can produce in one movement.
Body composition	The relative ratio of fat mass to fat free mass in the body
Agility	Ability of an athlete to change direction at speed
Balance	Maintain centre of mass above the base of support, there are two types – static and dynamic
Coordination	The smooth flow of movement required to perform a skill efficiently and accurately
Power	The combination of speed and strength

Reaction time	The time taken to respond to a stimulus and the initiation of their response
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## Methods of Training

Method	Description
Continuous training	It involves working at a steady pace for 30 minutes at moderate intensity – this can be done through running, cycling, swimming or rowing
Fartlek training	It involves running at different speeds and intensities over different terrains
Interval training	Periods of work are followed by periods of rest – the rest can also be active rest. Periods of work and rest will vary depending on fitness component being trained
Plyometric training	This involves the use of high impact exercises to train sport specific explosive power – exercises include explosive movements, hurdles and bounding
Speed training	There are three types – acceleration, hollow and interval. They type undertaken will depend on the sport and fitness goals
Flexibility training	Stretching the muscle groups that are used in your sport, there are three types – static (active/passive), ballistic and PNF
Circuit training	A series of different activities that are called 'stations' performed one after another that improve certain aspects of fitness or sport specific
Weight training	A form of resistance training that involves the use of free weights and/or resistance machines, training is carried out using repetitions and sets

## Fielding



Fielding is an important skill in cricket. The ability to demonstrate an effective throwing and catching technique greatly improves the chances of being a successful performer.

Fill in the boxes to complete your fielding fact file.

Resources:

<https://www.ecb.co.uk/play/how-to-play-cricket>

[https://en.wikipedia.org/wiki/Cricket#Laws\\_and\\_gameplay](https://en.wikipedia.org/wiki/Cricket#Laws_and_gameplay)

<https://www.youtube.com/watch?v=AqtpNkMvj5Y>

Using the components of fitness from page 1... which are the top 3 most important for a fielder and explain why for each?

1.

2.

3.

What are the key points of the long barrier?

- 
- 
- 
- 

What are the key points of throwing?

- 
- 
- 
- 

What are the key points of catching?

- 
- 
- 
- 

### CHALLENGES!!

- Find a suitable wall and ball. How many catches can you make it in a row?
- Find a suitable target outside. How many times can you throw and hit the target? Be careful!!
- How high can you throw a ball in the air and catch it? Keep your eyes on it!

## Bowling



Bowling is an important skill in cricket. The correct technique enables you to be successful. There are different types of bowling – seam, spin and swing bowling.

Fill in the boxes to complete your bowling fact file.

Resources:

<https://www.ecb.co.uk/play/how-to-play-cricket>

[https://en.wikipedia.org/wiki/Cricket#Laws\\_and\\_gameplay](https://en.wikipedia.org/wiki/Cricket#Laws_and_gameplay)

<https://www.youtube.com/watch?v=AqtpNkMvj5Y>

What are the key points of seam bowling?

- 
- 
- 
- 

What are the key points of spin bowling?

- 
- 
- 
- 

Using the methods of training from page 1... which 3 do you think a bowler would use and explain why for each?

1.

2.

3.

What are the key points of swing bowling?

- 
- 
- 
- 

### CHALLENGES!!

- Find a suitable target and ball. Are you able to hit the target using the correct bowling technique? How many times in a row? Introduce 'alleys' to bowl the ball down – assign points for getting it through them. BE CAREFUL!!
- Are you able to use the spin bowling technique to get a ball to spin? Which way does it spin? Can you make it spin the other way?

## Batting



Batting is an important skill in cricket. The correct technique enables you to be successful. There are different shots to master, such as a forward defensive, off drive and pull shot.

Fill in the boxes to complete your batting fact file.

Resources:

<https://www.ecb.co.uk/play/how-to-play-cricket>

[https://en.wikipedia.org/wiki/Cricket#Laws\\_and\\_gameplay](https://en.wikipedia.org/wiki/Cricket#Laws_and_gameplay)

<https://www.youtube.com/watch?v=AqtpNkMvj5Y>

What are the key points to the grip, pick up and stance?

- 
- 
- 
- 

What are the key points of a forward defensive?

- 
- 
- 
- 

Using the components of fitness from page 1... which are the top 3 most important for a batter and explain why for each?

- 1.
- 2.
- 3.

What are the key points of an off drive?

- 
- 
- 
- 

### CHALLENGES!!

- Find a suitable bat/alternative. Can you get someone to video you demonstrating the techniques? Use a ball if you have one! Use the key points to analyse your technique? BE CAREFUL!!
- If you have the space are you able to set targets up to hit an off drive along the floor through? Give yourself points for doing so! BE CAREFUL!



## Practical - Work 2

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 3

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

### 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.

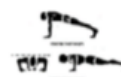
#### LUNGES



#### SIT UPS



#### PRESS UPS



#### SQUATS



#### ARM CIRCLES



#### STAR JUMPS



#### PLANK



#### SQUAT THRUSTS





