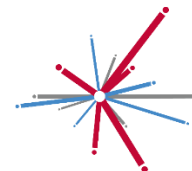


# Ark Pioneer learning at Home

## 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 – Create a home circuit session
- Work 2- Complete exercise log in student work book

##### Theory

- Work 3 – Muscle and Skeleton Recap
- Work 4 – Apply muscle and Skelton Knowledge
- 

#### 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/Netflx-Board-at-home-PE-board-1.pdf](file:///pio-file2.secondary.arkschools.local/Homes$/d.burton/Documents/Curriculum/Home%20Learning/Netflx-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/Netflx-ISHCMC-Primary.pdf](file:///pio-file2.secondary.arkschools.local/Homes$/d.burton/Documents/Curriculum/Home%20Learning/Netflx-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](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? 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

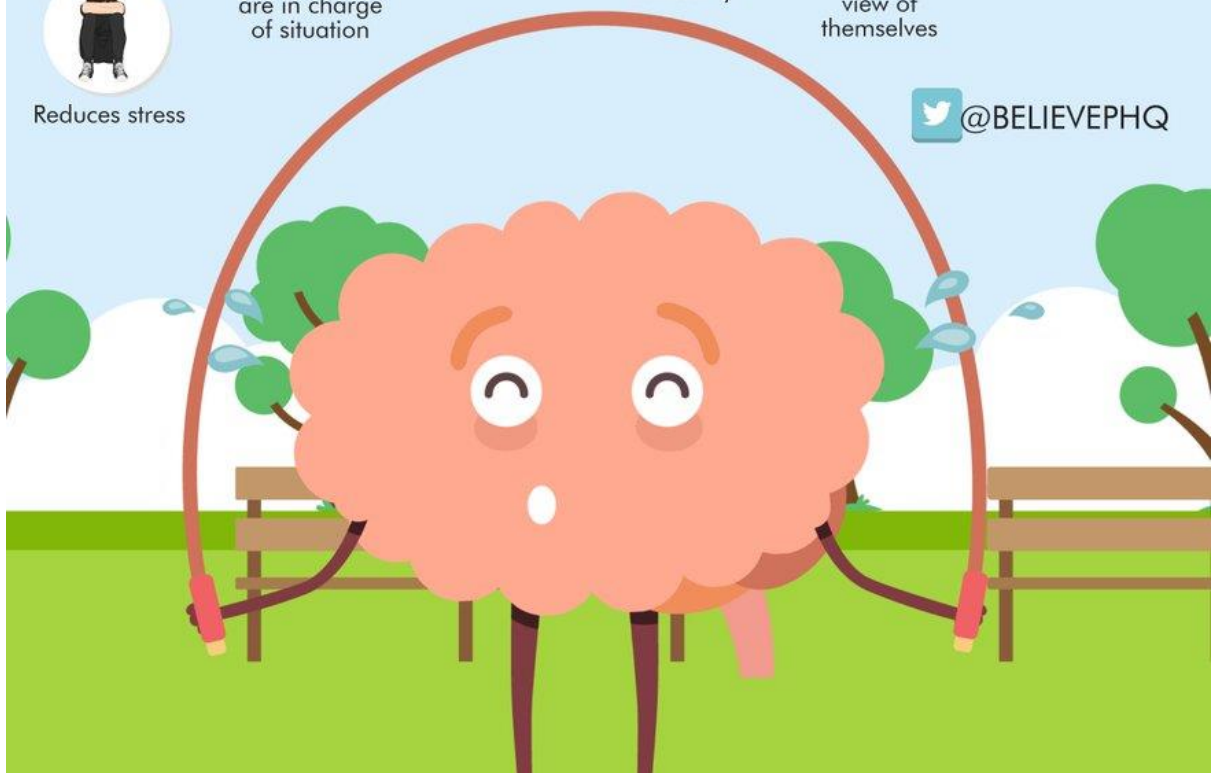


Increases confidence



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. Create your own circuit. Design this in your student work book.  
创建自己的电路。在学生作业簿中进行设计
2. Complete circuit 1, 2 or 3 times.  
完成回路1、2或3次

Remember: 记得

- Think about the order of your exercise. 考虑一下运动顺序。
- 30 seconds exercise then 30 seconds rest 运动30秒，然后休息30秒
- To make it more difficult increase the exercise time – 1 minute maximum. 为了增加难度，请增加运动时间-最多1分钟

Rest Station		

### **Exercises to choose from**

<b>Jumping Jacks</b>	<b>Step Ups</b>	<b>Burpees</b>	<b>Shuttle Runs</b>	<b>High Knees</b>
<b>Sit Ups</b>	<b>Press Ups</b>	<b>Wall Sit</b>	<b>Plank</b>	<b>Lunge</b>
<b>Tricep Dips</b>	<b>Squats</b>	<b>Any other suitable exercises – that you can do at home.</b>		

## **Design your own circuit**

### **Task!**

1. **Pick 7 exercises to put into your circuit.**
2. **Choose the order you will complete them in.**

## Practical - Work 2 - 实用-工作2

1. Create this table in your student work book. - 在学生作业簿中创建此表
2. Plan your activity for the week - 计划一周的活动
3. Comment on what you enjoyed and what you did not from the session. - 评论您在会议中的享受和不享受

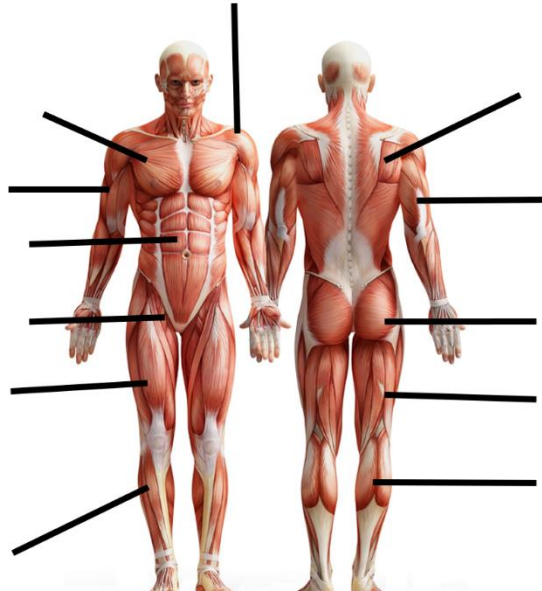
Day	Type of exercise -运动类型	What you liked about that form of exercise -您喜欢那种运动方式	What you did not like about that form of exercise -您不喜欢这种锻炼方式
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

### Example

Day	Type of exercise	What you liked about that form of exercise	What you did not like about that form of exercise
Monday	Joe Wicks HIIT – live session	It was fun working out whilst hundreds of other pupils around the world were also doing the session.	Found it very easy.
Tuesday	Rest		
Wednesday	Home Circuit	I could create my own circuit – targeting the muscles I wanted to.	Circuit training was harder without Mr Burton encouraging me.
Thursday	HIIT session from resource 1	It was very high intensity – so I felt like I worked hard.	The exercises were very difficult so I struggled to keep up.
Friday	Rest		
Saturday	HIIT session from resource 2	It was a simple HIIT session – so I completed it with my younger sibling. I therefore became like a mini coach – checking their technique was good.	It did not push me to work hard enough.
Sunday	Rest		

## Theory – Work 3

1. Label the muscles on the diagram below - 在下图上标记肌肉:

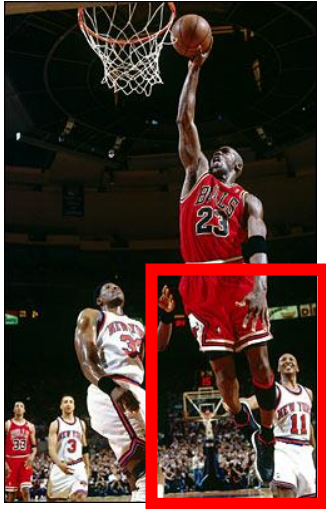


2. Label the bones on the diagram below - 在下图上标记骨骼:



## Theory – Work 4

1. List the muscles used to create the movement in the pictures below.  
在下面的图片中列出用于创建运动的肌肉。

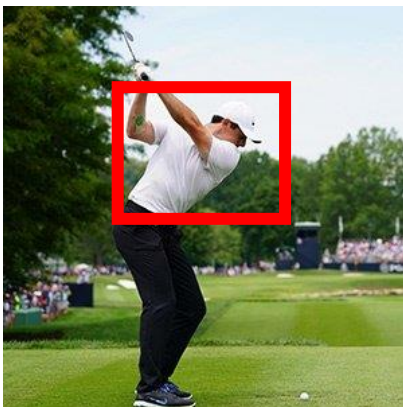


Which muscles are involved?

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Which muscles are involved?

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Which muscles are involved?

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2. Label the bones the bones within the box that allow for the sporting action. 将骨骼标记为允许运动的框内的骨骼。

