Ark Pioneer learning at Home

Extended Curriculum

Physical Education

Work to be completed

Practical
- ☐ Work 1 – Create a home circuit session
- ☐ Work 2- Complete exercise log in student work book

Theory
- ☐ Work 3 – Antagonistic Muscle Pairs
- ☐ Work 4 – Appling your knowledge of the components of fitness
- ☐

Resources / links to help with work:

- ☐ Resource 1 file://pio-file2.secondary.arkschools.local/Homes$/d.burton/Documents/Curriculum/Home%20Learning/Netflex-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/Netflex-ISHCMC-Primary.pdf

  Different fitness challenges - Give them a go! (these exercises are simplified)
- ☐ Resource 3 - https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

  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 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?

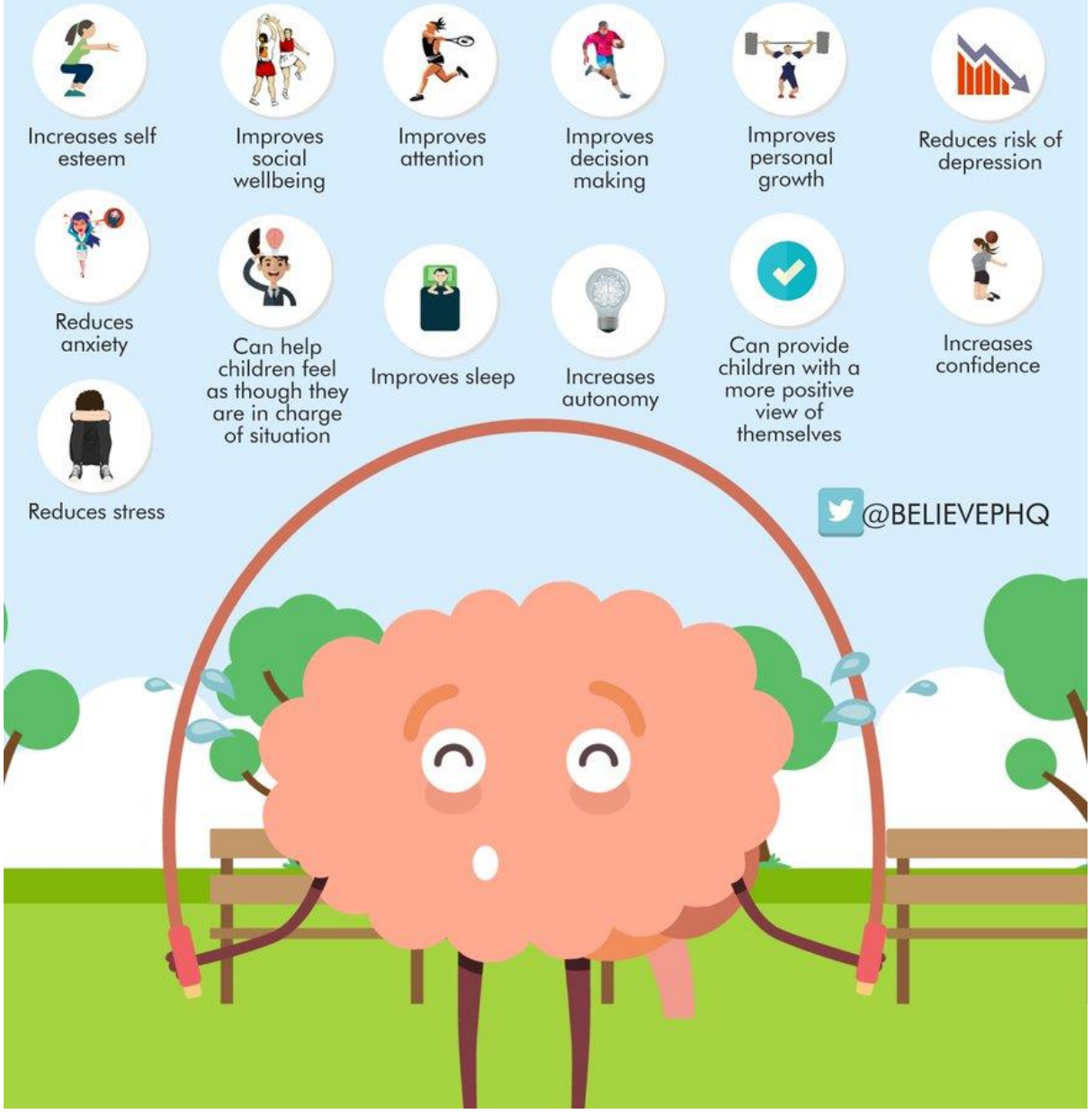
For core curriculum subjects you are expected to do 30min each day as a minimum. Those subjects are English language, English literature, Maths, Science, History and Geography. These subjects all have a weekly quiz and will be checked in on by your form teacher when they call each week.

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.

THE MENTAL HEALTH BENEFITS OF EXERCISE

FOR CHILDREN AND TEENAGERS



Joe Wicks Home Workout

Join the nation in keeping active.

Every day on
https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

From 9am – 10am

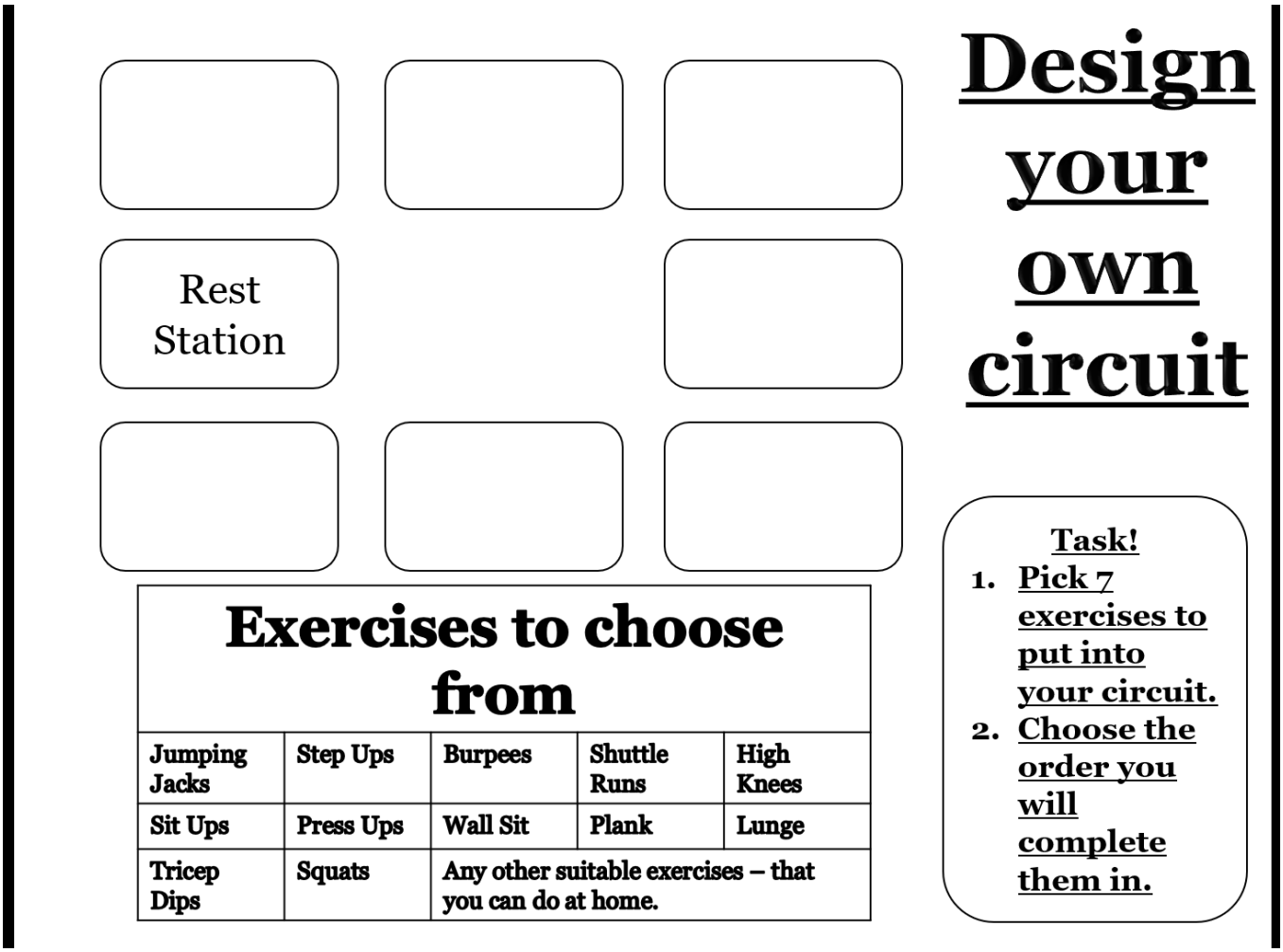
Practical - Work 1

1. Create your own circuit. Design this in your student work book.

2. Complete circuit 1, 2 or 3 times.

Remember:

- Think about the order of your exercise.
- 30 seconds exercise then 30 seconds rest
- To make it more difficult increase the exercise time – 1 minute maximum.



Practical - Work 2

1. Create this table in your student work book.

2. Plan your activity for the week

3. Comment on what you enjoyed and what you did not from the session.

Day	**Type of exercise**	**What you liked about that form of exercise**	**What you did not like about that form of exercise**
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 where 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 where 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 become like a mini coach – checking their technique was good.	It did not push me to work hard enough.
Sunday	Rest		

Theory – Work 3

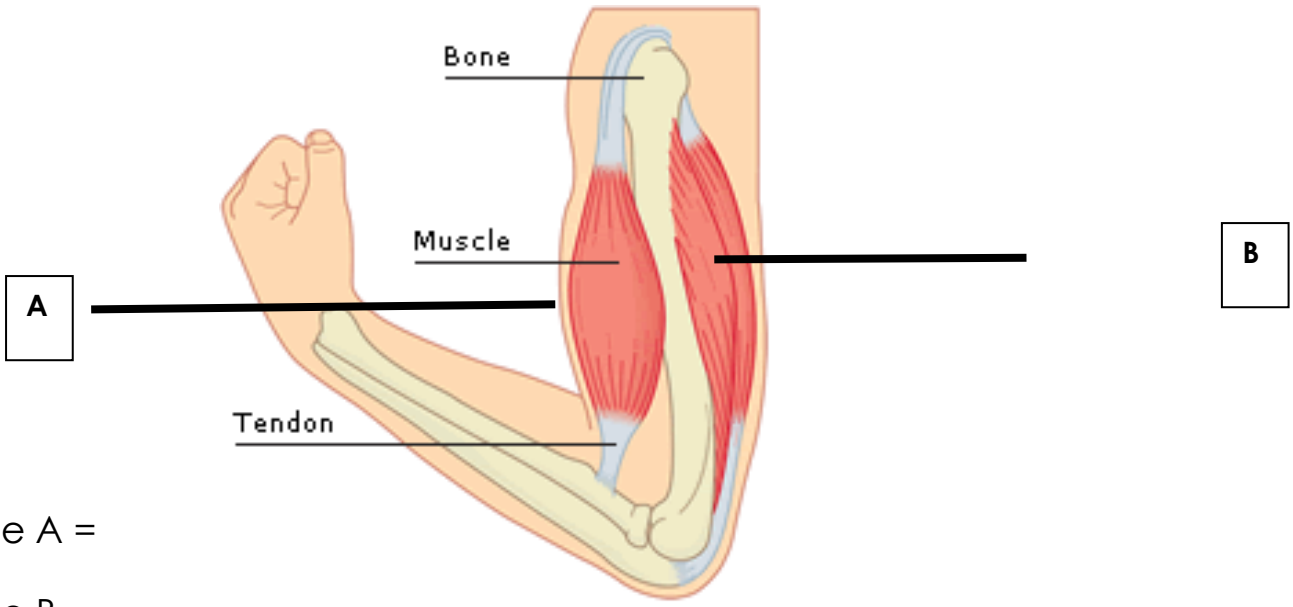
Muscles can only _____, they cannot _____.

When a muscle contracts it _____ and pulls on the bone.

Tendons are important in producing the movement because they _____ muscle to bone.

When the muscle contracts, the _____ pulls on the bone, to cause movement.

Tendon, Shortens, Pull, Attach, Push



Muscle A =

Muscle B =

Muscles needs to work in pairs because they can only **PULL.** Because the muscles work together, this is called **ANTAGONISTIC PAIRS.**

The muscle that is **CONTRACTING** (shorter/fatter/bulging) is known as the **AGONIST**.

The muscle that is **RELAXING** (longer and thinner) is known as the **ANTAGONIST.**

Theory – Work 4

Agility

'The ability to change direction quickly'

The rugby player and hockey player are both using agility. Pick one of the examples in the pictures above and explain how they need agility to perform that skill.

Success criteria:

- A rugby/hockey player needs agility. Agility is….
- Explain *why* they need agility
- Think about what they are trying to achieve and how agility helps them do it.