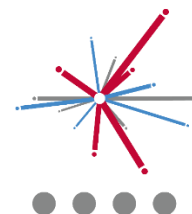


# Ark Pioneer learning at Home

## 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 – Practice Questions
- Work 4 – Applying your knowledge of the components of fitness
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#### Resources / links to help with work:

- 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?

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

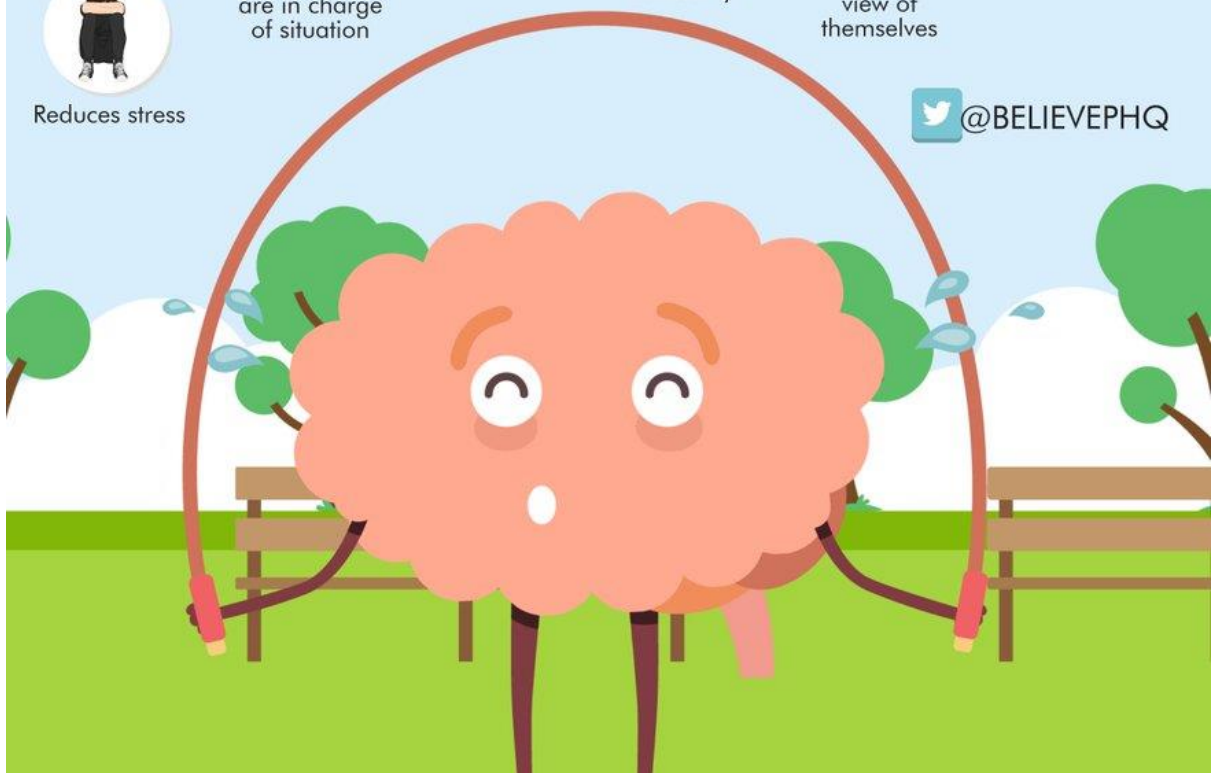


Increases confidence



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. 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.

Rest Station		

# Design your own circuit

## **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>		

### Task!

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

## 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.

<b>Day</b>	<b>Type of exercise</b>	<b>What you liked about that form of exercise</b>	<b>What you did not like about that form of exercise</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

### Example

<b>Day</b>	<b>Type of exercise</b>	<b>What you liked about that form of exercise</b>	<b>What you did not like about that form of exercise</b>
<b>Monday</b>	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.
<b>Tuesday</b>	Rest		
<b>Wednesday</b>	Home Circuit	I could create my own circuit – targeting the muscles I wanted to.	Circuit training was harder without Mr Burton encouraging me.
<b>Thursday</b>	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.
<b>Friday</b>	Rest		
<b>Saturday</b>	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.
<b>Sunday</b>	Rest		

## Theory – Work 3

1. Name the two muscle in the upper arm?

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2. Where is the gastrocnemius found?

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3. State the agonist muscle that works to produce the knee movement when bringing the leg forward to kick a football.

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4. How does a muscle contracting cause a bone to move?

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5. Which two muscles make up the antagonistic muscle pair at the elbow?

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