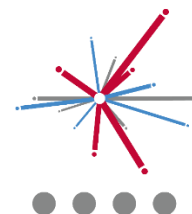


Ark Pioneer learning at Home

Extended Curriculum

Physical Education *with Additional Support*



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 – **OPTIONAL STRETCH TASK** - Applying 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/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 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

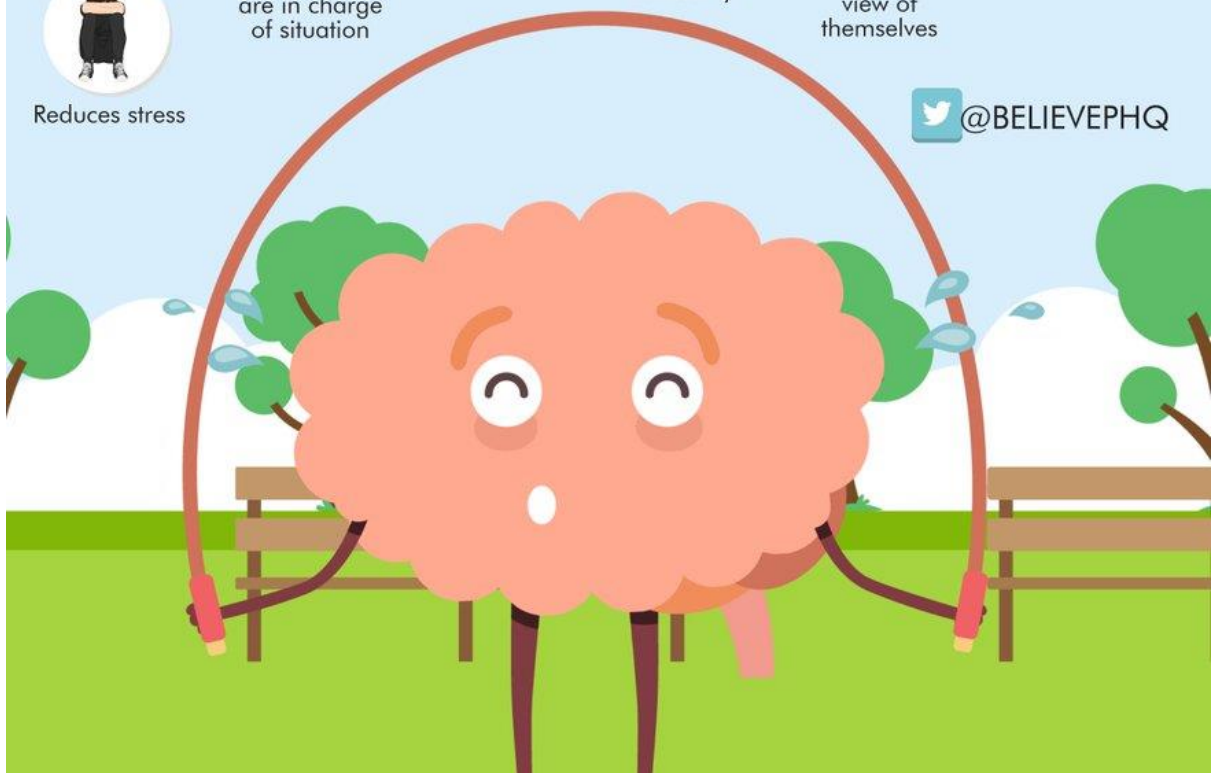


Increases confidence



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

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

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.

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

1. Name the two muscles in the upper arm?

Choose the **two muscles** in the upper arm from the list below:

- **Biceps**
- **Deltoid**
- **Pectorals**
- **Triceps**

2. Where is the gastrocnemius found?

The gastrocnemius is found in the ...

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

Bones move when a muscle contracts because...

