

KS3 PE Home Learning Booklet 4

Personal Workouts!

YOUR challenge this week is to complete as many daily workouts as possible.

- Don't be afraid to get your family members involved!
- Record yourself completing 1 workout (minimum)
- The PE department will be reposting videos and giving shout-outs to pupils trying extra hard to complete the workouts.

We would love to see your progress – please share any **photos**, **videos** or **Tik Tok's** to our department Twitter account:

@DTRB_PE



GOOD LUCK!

Session 1 - Boxercise Workout

Learning Question:

- How can Boxercise develop your general fitness level?
- Challenge Me task:
Can you create your own Boxercise session?

Main Activity:

Please click on the link below.

Use the video on YouTube to complete your Boxercise session.

<https://www.youtube.com/watch?v=jCTEVKRTuS8>

Cool Down:



Scan this QR code with a phone or tablet

Or copy this link into your browser:

<https://www.youtube.com/watch?v=RDsdplsAqK8>

Warm up:

Complete each one for 30 secs.



Session 2 - Yoga Workout

Learning Question:

How does Yoga benefit a sports performer and their general health?

Challenge Me Task:

Create your own Yoga routine made up of 8 of your favourite Yoga stretches.

Main Activity:

Use the video on YouTube to complete your Yoga session.

Girls <https://www.youtube.com/watch?v=v7AYKMP6rOE>

Boys <https://www.youtube.com/watch?v=HzznolsFsj8>

Cool Down:

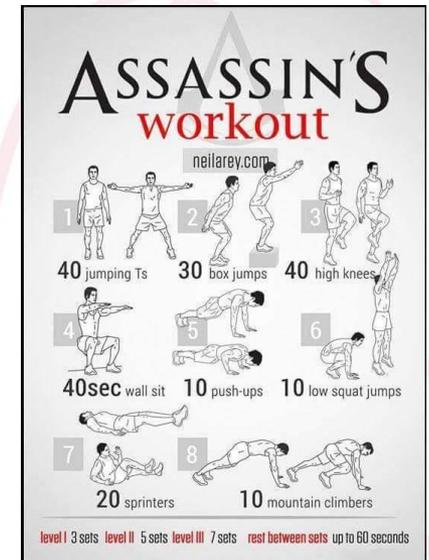


Scan this QR code with a phone or tablet

Or copy this link into your browser:
<https://www.youtube.com/watch?v=RDsdplsAqK8>

Warm up:

Complete each one for 30 secs.



Session 3 - HIIT Workout

Learning Question:

Why is it good to use a HIIT workout in your training plan?

Challenge Me Tasks:

Model the movements and combinations with control and consistency.

Create your own HIIT Workout – Refer to Joe Wicks video.

What is HIIT?

High Intensity Interval Training.

This means fast paced for a short amount of time, then have a quick break, then repeat several times.

Warm Up:

20 x star jumps

20 x high knees on the spot

10 x burpees

Followed by stretching of major muscle groups – 10 secs each.

Main Activity:

Please click on the link (in the speech bubble).

The Joe Wicks Workout is your main activity once you have completed your warm-up. Your HIIT session should be a 20 minute HIIT Workout. Don't give up!

Cool Down:



Scan this QR code with a phone or tablet

Or copy this link into your browser:

<https://www.youtube.com/watch?v=RDsdplsAqK8>

