

# PE

## **Year 9**

1. Research the rules and regulations for 2 track and 2 field events for the upcoming athletics season.  
(Remember heights of the hurdles change depending if you're a boy or a girl along with weights of the shot, discus and javelin)
2. For the 2 named track and field events, research the key teaching points for each.

## **GCSE Year 9**

Mr Futchter and Mrs Birch groups  
log on to gcse pod and watch the  
following link on diet and nutrition

<https://members.gcsepod.com/shared/podcasts/title/11821/72988>

<https://members.gcsepod.com/shared/podcasts/title/11820/72987>

Using GCSE pod look at the links below as part of your revision  
make detailed notes and answer the questions linked to each topic.

### **Topic: Diet and nutrition/ health and fitness**

work has been sent via gcse pod to you and deadline set

Revision work:

Using your notes from September create revision mind map/ flash cards  
for

each of the topics covered to help prep for later revision

any questions email [kbirch@theappletonschool.org](mailto:kbirch@theappletonschool.org)  
[mfutchter@theappletonschool.org](mailto:mfutchter@theappletonschool.org)

## **OCR Year 9**

technology unit.

complete the research task for the technology  
unit.

use the sheets and directed questions to help you

Each pupil should be receiving a login for google  
classroom; please login so you can contact your  
teacher with regards the tasks you have been  
asked  
to complete.

# Core PE – Home Learning

This document is full of useful links for you to use at home. All activities need zero or very little equipment. The PE department recommend that you should be active for a minimum of 20 minutes per day. There are many media outlets at the moment offering free fitness programmes, please feel free to find alternative programmes for you to complete.

## **Warm up / Stretches**

<https://www.youtube.com/watch?v=03JKamVnbfs> – Helps to improve flexibility

## **Joe Wicks – The Body Coach**

Joe Wicks uploads new workouts every week day. Try to complete ‘PE with Joe’ every weekday. These videos get uploaded Monday-Friday at 9am – 30 minutes of exercise.

<https://www.youtube.com/watch?v=K6r99N3kXME> – PE with Joe Wicks

<https://www.youtube.com/watch?v=FjR-B7BFZ4s> – Home workout

<https://www.youtube.com/watch?v=Hr-p7TikhPI> – Home HITT training

<https://www.youtube.com/watch?v=xvn3HISxYdM> – Home fat burner

<https://www.youtube.com/watch?v=okxbGxbj03s> – Legs, bums and tums workout

<https://www.youtube.com/watch?v=fHfTCd2q-rg> - High Intensity Interval Training

## **Aerobics**

<https://www.youtube.com/watch?v=5if4cjO5nxo> – Family aerobics workout

<https://www.youtube.com/watch?v=MxLL9Scvmzo> – Cardio workout

<https://www.youtube.com/watch?v=xfmHPW-AfQs> - Zumba

## **Yoga**

Being locked in can be very stressful, try some of these poses and chill.

<https://www.youtube.com/watch?v=KWBFQjuwp4E&list=PLui6Eyny-UzzFFfpil94CUrWKVMaqmkm>

Yoga with Adriene – A 30-day yoga journey. (*“Yoga provides us the tools for getting to know who we really are. This journey is about reuniting with yourself through regular practice. Through the process of getting to know who you really are”*)

<https://www.youtube.com/watch?v=v7AYKMP6rOE> – Yoga for complete beginners, 20 minute home yoga workout.

## **Dance**

<https://www.youtube.com/watch?v=q5FJ3oK4JCA> - Diversity Dance Tutorial Lesson 1

<https://www.youtube.com/watch?v=FDjkVpKluOQ> - Diversity Dance Tutorial Lesson 2

<https://www.youtube.com/watch?v=yt6Llst0yZ8> - Diversity Dance Tutorial Full Routine

<https://www.youtube.com/watch?v=1UCgri6SG1w&t=569s> - The greatest showman dance tutorial

<https://www.youtube.com/watch?v=o2X9RGYmm6w> - Contemporary floor work tutorial

## **Cool-down**

[https://www.youtube.com/watch?v=7h\\_Pn7NyJ0k](https://www.youtube.com/watch?v=7h_Pn7NyJ0k) - Stretching routine for relaxation and stress relief.