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| **Subject: PE Year 7** | **Week: 7** |
| **Objectives:**   * **To complete four fitness challenges throughout the week and log what you have completed.** | |
| **Learning activities (in order to be completed):**   * **Using the PE PowerPoint provided, complete 4 different fitness videos and log what you have done. You must also follow a warm-up before starting each fitness video.** * **Can you take your pulse before and after the exercise videos and record the difference between resting and active heart rates?** * **Record which fitness videos you found the most challenging and why? Which videos made your pulse rise the most, why do you think that was the case?** | |
| **Resources:**   * **Computer** * **PowerPoint** * **A small safe space** * **Pen and paper** | |
| **Key vocabulary:**  **Cardiovascular exercise.** | |
| When work has been completed, please send to your teacher at [@windsorpark.staffs.sch.uk](mailto:office@windsorpark.staffs.sch.uk) using your school email account. | |