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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.**
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| **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?**
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| **Resources:*** **Computer**
* **PowerPoint**
* **A small safe space**
* **Pen and paper**
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| **Key vocabulary:****Cardiovascular exercise.** |
| When work has been completed, please send to your teacher at @windsorpark.staffs.sch.uk using your school email account. |