

## Home Learning Instructions

<b>Subject: PE Year 7</b>	<b>Week: 6</b>
<b>Objectives:</b> <ul style="list-style-type: none"><li>• To complete four fitness challenges throughout the week and log what you have completed.</li></ul>	
<b>Learning activities (in order to be completed):</b> <ul style="list-style-type: none"><li>• 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.</li><li>• Can you take your pulse before and after the exercise videos and record the difference between resting and active heart rates?</li><li>• 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?</li></ul>	
<b>Resources:</b> <ul style="list-style-type: none"><li>• Computer</li><li>• PowerPoint</li><li>• A small safe space</li><li>• Pen and paper</li></ul>	
<b>Key vocabulary:</b>  <b>Cardiovascular exercise.</b>	
When work has been completed, please send to your teacher at <a href="mailto:@windsorpark.staffs.sch.uk">@windsorpark.staffs.sch.uk</a> using your school email account.	