**Year 7 PE – Lesson 1 (ELL, GIL, AFO, COP)**

Using your knowledge of the different fitness training methods and components of fitness that you have learnt from the Health Related Fitness you have studied as part of the schools Physical Education Curriculum.

You’ll need to try your own circuit at home so try and make sure you are able to give it ago.

Can you create a session which will improve one of the components of fitness from below;

Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Power, Agility, Reaction Time, Flexibility.

**Example for Mr Ellerby and Muscular Endurance**

Shoulder Press

Mountain Climbers

Squats

Bicep Curls

Sit Ups

Burpees

Press Ups

Shuttle Runs (60% Max HR)

Name of Athlete: ………………………………………………………………………

Component of Fitness: …………………………………………………………….

Why have you selected the certain stations and why?

**Year 7 PE – Lesson 2 (ELL, GIL, AFO, COP)**

Joe Wicks (The Body Coach) is an awesome inspiration to many people and has made lots of videos about how to stay physically active, can you have a go at one of the workouts below. Perhaps use a tablet, phone or laptop to view the different exercises. I have put three below; <https://www.youtube.com/watch?v=YIB2SJnBHBQ>

<https://www.youtube.com/watch?v=5MBEyQIlrfo>

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBuxu3sLztrvWFehzv-LnR2c> – Lots for you to try at home, perhaps try this with a sibling or a family member and try and beat them over the time.

**Year 7 PE – Lesson 3 (ELL, GIL, AFO, COP)**

Joe Wicks (The Body Coach) is an awesome inspiration to many people and has made lots of videos about how to stay physically active, can you have a go at one of the workouts below. Perhaps use a tablet, phone or laptop to view the different exercises. I have put three below; <https://www.youtube.com/watch?v=YIB2SJnBHBQ>

<https://www.youtube.com/watch?v=5MBEyQIlrfo>

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBuxu3sLztrvWFehzv-LnR2c> – Can you think about the muscles that you are working and stretch the different muscles to ensure that you are not causing injury.

**Year 7 PE – Lesson 4 (ELL, GIL, AFO, COP)**

Joe Wicks (The Body Coach) is an awesome inspiration to many people and has made lots of videos about how to stay physically active, can you have a go at one of the workouts below. Perhaps use a tablet, phone or laptop to view the different exercises. I have put three below; <https://www.youtube.com/watch?v=YIB2SJnBHBQ>

<https://www.youtube.com/watch?v=5MBEyQIlrfo>

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBuxu3sLztrvWFehzv-LnR2c> – Can you think about the muscles that you are working and stretch the different muscles to ensure that you are not causing injury.