



**Whitmore High School
Physical Education
Independent Learning**

Aim: Individual practical activity in the home environment to improve health and mental well-being.

Objectives:

All pupils to complete regular physical exercise from a range of exercise regimes

What do you have to do:

Aim to complete a 20 – 30 minute exercise session at least 3 sessions per fortnight, ideally more than 2 per week.

All pupils in years 7 to 11 to complete at least 3 exercise sessions per fortnight in line with their PE lesson timetable. Having the opportunity to complete more sessions per week or fortnight.

Pupils will choose which type of activity they want to complete from Joe Wicks Body Coach, Just Dance, Insanity or they can devise their own Circuit Training session at home.

Examples to use –

Body Coach - Joe Wicks

<https://www.youtube.com/watch?v=bSXr6V9q6rM> – Beginners

<https://www.youtube.com/watch?v=mhHY8mOO5eo> – kids workout

<https://www.youtube.com/watch?v=-TGEdzRzSbw> – School workout

<https://www.youtube.com/watch?v=iEsZITtRiWQ> – 15 minute HIT session

Just Dance

https://www.youtube.com/watch?v=gCzgc_RelBA – Waka Waka

<https://www.youtube.com/watch?v=a1zQ1xOjZnk> – Timber

https://www.youtube.com/watch?v=Ls_FWxWo9PI – Swish Swish

<https://www.youtube.com/watch?v=bjtWiGpPiqc> – One Direction Beautiful

Insanity Workout

https://www.youtube.com/watch?v=wwkrup_TG6I – Home Workout

<https://www.youtube.com/watch?v=ir6DuNMTQBc> – Furious Fat Burner 20 minute

<https://www.youtube.com/watch?v=sHgLDjyhbdA> – 20 minute Tabata workout

These are examples from Youtube, there are thousands of exercise sessions on Youtube that you could use. Search for 20 – 30 minute sessions. You can find and use your own if you prefer.

Yoga Workout

<https://www.youtube.com/watch?v=r7xsYgTeM2Q> 15 minute session beginners

<https://www.youtube.com/watch?v=GGJzZx4H2K4> 20 minute full body stretch

<https://www.youtube.com/watch?v=vGWKBGWOCs4> 20 minute beginners

Pilates Workout

<https://www.youtube.com/watch?v=6InI9nEuG0I> – 20 minute beginners

https://www.bbc.co.uk/sounds/play/live:bbc_radio_wales_fm – Pilates for core

Many of you may have an exercise machine at home that you could use such as a treadmill, rower or exercise bike. These could all be used for your session. Just make sure you record the details so you can then report on it afterwards.

Circuit Training

Plan a circuit session using at least 10 exercises from the list below. Each session work for 30 seconds on each exercise and give yourself 30 seconds rest between exercises.

Exercises

Press Ups	Sit Ups – elbows to knees	Step ups using stairs or bench	Plank	Squats
Burpees	Star Jumps	Skipping	Mountain climbers	Lunges
Tuck jumps	Squat jumps	Star jumps	Bicep curls using tins	Sit ups – Crunches

For every session you complete follow the same plan –

1. Take your resting hear rate and record it. Take your pulse for 30 seconds and double it to find your heart rate per minute.
2. Complete a simple warm up for 2 – 3 minutes and some dynamic stretching of major muscle groups.
3. Start the exercise session.
4. 10 minutes into the session take your heart rate again. Take your pulse for 30 seconds and double to find your heart rate per minute. Record it.
5. At the end of the session take your heart rate again. Take your pulse for 30 seconds and double to find your heart rate per minute. Record it.

Keep a record of the sessions you have completed - record the number of exercises completed in the circuit sessions.

Record your heart rate during each session.

Skills used –

Literacy – recording your scores and writing a review of the whole exercise programme process.

Numeracy – use of data for each of the exercise sessions completed. Using timings.

Calculating heart rate a number of times.

DCF- use of digital platforms for researching and recording sessions completed. Posting examples of sessions on the school and PE department Twitter sites.

ICT – developing graphs to show changes in heart rate and the number of exercise completed over time. Comparing data and graphs of each other.

MAT pupils – push yourself to work harder each time by increasing the intensity, the number of exercise completed in your circuit, or increasing the time you have worked for.

Resources you will need to help you: Smartphone / Laptop / Tablet

Success Criteria: Record your achievements each session. Post them on the school Twitter and PE site for other pupils and staff to see your work.

Write a report / review of the whole process. Include which exercises / activities you have included? How you found the regime? What you got from it? How you could change it if you did it again?