



SELF ISOLATION PE

Heathfield Community School



Dear Student,

PLEASE CHECK YOUR PE PLANNER ON TEAMS TO SEE WHAT ACTIVITY YOU ARE STUDYING

Activity ideas: Please be active by doing a PE workout such as

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBsXs1WmPceKtsQyFbXTf9FO>

You can **choose a workout** to do from above.

Or do a **sport related workout** such as

Cricket or Rounders Fielding <https://youtu.be/HowpyIEj-KM>

Running <https://youtu.be/2lR-9qy3hfg>

Jumping drills <https://youtu.be/doqpcSEwwAs>

Throwing <https://youtu.be/0KzJ00-eAPE>

- Then can you look at your knowledge organizer on Teams and learn some key knowledge: Cardiorespiratory system.
- You can do quiz if one is available, it will be in homework.

Extension:

Write down 3 rules you think are essential for your sport?

What rule would you introduce or change?

Who is the GOAT (greatest of all time) in this sport/activity? – discuss

How to submit the extension: Do not need to, bring with you when back in school.

Any problems mpattemore@heathfieldcommunityschool.co.uk