

# HOME LEARNING

## PE - Year 10

Please try and stay as physically active as possible whilst at home. Included are some physical activities that can be completed whilst you are at home. Please try and do one of these at least twice a week.

Give this work out a try

# 1&1 WORKOUT

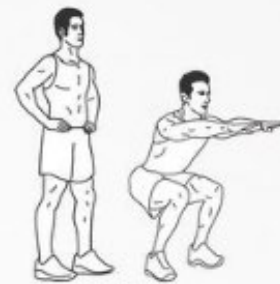
1 minute each exercise / 1 minute rest after each exercise



1. high knees



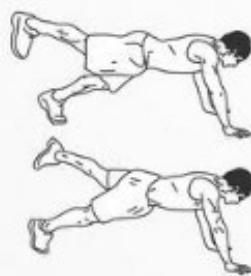
2. jumping jacks



3. squats



4. lunges



5. plank leg raises



6. climbers



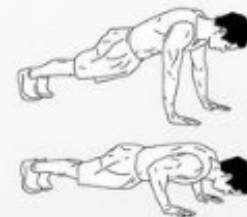
7. bicycle crunches



8. leg raises



9. knee pull-ins



10. push-ups

sets level I 3 sets level II 4 sets level III 6 sets rest between sets up to 3 minutes

# Heart Rate

Find out what happens to your heart rate when you do physical activities!

Heart rates are calculated in beats per minute (bpm). Your regular resting heart rate (when you are not doing any physical activities) should range between 60 and 100 bpm.

Use this table to calculate your heart rate:

	Beats in 10 seconds	Multiply by 6	Beats per minute
Resting		×6	
Jogging		×6	
Jumping Jacks		×6	
Resting		×6	

What happened?

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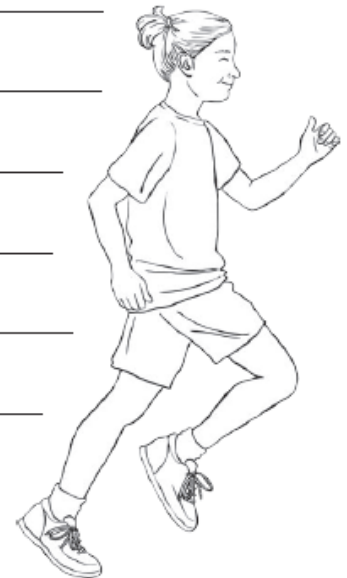
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# Fitness Heart Rates



What does our heart rate show? What happens to our heart rate during exercise?

Resting heart rate (one-minute) = \_\_\_\_\_

After warm up (one-minute) = \_\_\_\_\_

Activity	Pulse (15 seconds)	Pulse (1 minute)

One-minute after exercise = \_\_\_\_\_

Two-minutes after exercise = \_\_\_\_\_

Three-minutes after exercise = \_\_\_\_\_

Which activity raised your heart rate the highest? Why?

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