

HOME LEARNING

Year 10

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

<https://www.youtube.com/watch?v=q20pLhdoEoY> - HIIT Home Workout for beginners

<https://www.youtube.com/watch?v=bSXR6V9q6rM> - Workout 1: 15 Minute Home Workout | The Body Coach Beginner Workout Series

<https://www.youtube.com/watch?v=NFihdhNFhdo> - 5 Minute Abs | The Body Coach

P.E. Kit and Equipment

To play most sports properly you need the correct kit and equipment.

Choose three sports you are familiar with and list the kit and equipment you would need to play properly:

Choose a sport and design a suitable kit. Use colour if possible and add as much detail as you can e.g. add a kit logo.