

Deyes High School Remote Learning

Engage, Enable and Empower



DEYES
HIGH
SCHOOL

LYDIATE
LEARNING TRUST

**Yr. 11
Core
PE**

Work for individual students not attending school

Half Term 3: January to February

Pupils who are absent should select the activity that they are up to. Click on the link in the activity box below to keep active, make sure you have plenty of space and water to hand.

Lessons

Date (week commencing)	Lessons	Focus/Topic/Theme	Hyper link to Activity
4/01/21	1 & 2	7 days of sweat Body coach 1 Dance Cardio	Boys = https://youtu.be/QXmdXilOaqA Girls = https://youtu.be/iLUZz0nGEBI
11/01/21	3	7 days of sweat Body coach 2 Cardio and abs	Boys = https://youtu.be/LZIHNVNcxF8 Girls = https://youtu.be/8ortypveAL0
18/01/21	4 & 5	7 days of sweat Body coach 3 Full body work out	Boys = https://youtu.be/IXTp_Ww_4zY Girls = https://youtu.be/SpsnBfV5RfU
25/01/21	6	7 days of sweat Body coach 4 Stretch and train Pamela Reif	Boys = https://youtu.be/rHlB8yfdDzo Girls = https://youtu.be/diPRDW6CxWM
1/02/21	7 & 8	7 days of sweat Body coach 5 No jumping HIIT fat burning	Boys = https://youtu.be/zwAkH0XFrgw Girls = https://youtu.be/bleOTMDa3_4
8/02/21	9	7 days of sweat Body coach 6 Intense 25 min fat burn (no jumping)	Boys = https://youtu.be/AesCuT1E_hw Girls = https://youtu.be/lscqjihirc3c
		Extra work out for you	Boys = https://youtu.be/C4a0D36_e2E Girls = https://youtu.be/UltWltVZzME



Fitness for Life

The aim of your Year 8 Fitness unit of work is to give you different experiences of health and fitness classes. Everybody should take part in regular exercise as part of a healthy and balanced lifestyle, and there are a number of ways to stay active.

- Yoga**
Yoga is a gentle and non-strenuous activity which focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Yoga originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways. Yoga is now commonplace in leisure centres, health clubs, schools, hospitals and surgeries. Benefits of yoga include increasing physical activity, strength, flexibility and balance.
- SAQ**
Speed, agility, quickness training aims to improve an athlete's multi-directional movement and is normally only performed by athletes and sports players in order to progress in their field.
- Fartlek**
Fartlek means 'speed play' in Swedish and is a combination of continuous training and interval training and is a very simple form of a long distance run. Fartlek training is periods of fast running interspersed with periods of slower running.
- Boxfit**
Boxfit is a non-contact circuit style class. It is based on the training used for boxing, so it includes skipping, boxing drills including footwork drills and abdominal workouts.
- TABATA**
Tabata is a form of HIIT (High Intensity Interval Training). Exercises (usually bodyweight) are completed in 4 minute rounds (20 seconds work as hard as you can, 10 seconds rest, repeat 8 times). As this type of exercise is very physically demanding, classes aren't usually longer than 30-45 minutes.
- Pilates**
Pilates is similar to Yoga and concentrates on strengthening the body (with an emphasis on core strength), posture, balance and flexibility.
- Sports Skills Circuit**
Sport specific skills circuit sessions can be applied to any sport. The aim is to work on and improve individual or specific skills required for a sport in the format of a circuit training session.

Who to contact

You can email **your class teacher** if you have any questions regarding the activities set.

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Knowledge Organiser

<https://www.deyeshigh.co.uk/wp-content/uploads/2019/07/PE-7-Fitness-HT1.pdf>