

# Deyes High School Remote Learning



DEYES  
HIGH  
SCHOOL

LYDIATE  
LEARNING TRUST

**Yr. 9  
PE**

**Engage, Enable and Empower**

**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	HITT CIRCUIT 30 Minutes 40 sec on 20 sec off Dumbbells/ Baked bean tin	<a href="https://youtu.be/cuHwoCWFLlw">https://youtu.be/cuHwoCWFLlw</a>
11/01/21	3 & 4	45 MIN HITT workout	<a href="https://youtu.be/PINAsSpbZpk">https://youtu.be/PINAsSpbZpk</a>
18/01/21	5 & 6	30 Min Full body HITT No equipment	<a href="https://youtu.be/f8GzCmbz6YY">https://youtu.be/f8GzCmbz6YY</a>
25/01/21	7 & 8	Cardio and abs no equipment	<a href="https://youtu.be/P-YUF3y9VSE">https://youtu.be/P-YUF3y9VSE</a>
1/02/21	9 & 10	Full body work out no equipment	<a href="https://youtu.be/2Hpa1rwhXzk">https://youtu.be/2Hpa1rwhXzk</a>
8/02/21	11 & 12	Cardio and abs no equipment	<a href="https://youtu.be/GECJWgr-vwc">https://youtu.be/GECJWgr-vwc</a>
		Extra workout	<a href="https://youtu.be/oe3sD96gHGE">https://youtu.be/oe3sD96gHGE</a>



## 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** 1

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.



**Boxfit** 4

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** 5

Tabata is a form of HITT (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.



**SAQ** 2

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.



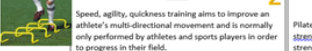
**Pilates** 6

Pilates is similar to Yoga and concentrates on strengthening the body (with an emphasis on core strength), posture, balance and flexibility.



**Fartlek** 3

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 intermitted with periods of slower running.



**Sports Skills Circuit** 7

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>