



Subject: Physical Education

Term: 4

Year group	What we are studying	Work to complete
Year 8	<ul style="list-style-type: none">Girls-NetballBadmintonBoys –rugbyFitness	<p>Year 8 Booklet-specific pages identified to complete over time R:\Departments\PE Staff\Lockdown core work book\Year-8 PE booklet.docx</p> <p>Physical Challenges</p> <p>1 https://youtu.be/4Ar82PhoYAO juggling challenge 2 https://www.youtube.com/watch?v=D1DyNcjQyL8 Pack of cards exercise 3 https://youtu.be/aCG-XyZTK4w Staff fitness challenge</p> <p>The following 3 links will take you to high Intensity interval training that will help to develop your fitness. These can all be done at home, in the garden or in any area where there is a small space.</p> <p>https://youtu.be/wWYtMaXFmCc 20 minute HITT training Female lead</p> <p>https://youtu.be/wwkrup_TG6I 20 minute HITT training no equipment Male lead</p> <p>https://youtu.be/r0LJ5-QiXUE 10 minute tummy workout Female lead</p>