





Subject: PE (Fitness)

Phase: Upper School (Year 10 and 11)

Welcome to the Physical Education Super Curriculum. Below you will find a whole host of exciting things to do to develop your understanding and boost your knowledge of PE and fitness. We hope you enjoy doing this work. You might want to create a workbook, journal or presentation of the things you do. You will earn reward points if you can show your teacher.

READ 	WATCH 
<p>Useful Apps for health and fitness, downloadable from the app store/play store for free</p> <p><i>MyFitnessPal</i></p> <p><i>Gymshark Training and Fitness – Free fitness programs and program builder.</i></p> <p><i>Strava – GPS logging of runs/walks</i></p> <p><i>The Body Coach: Fitness Plans – Joe Wicks’ fitness plans with recipes.</i></p> <p><i>Freeletics: HIIT Home Workouts – No equipment needed free workouts to complete in under 20 minutes or more if you dare to.</i></p> <p>Find clubs in your local area. Feel free to change the location: https://directory.devonlive.com/search/torquay%20Cdevon/sports-clubs</p>	<p>Wendy Suzuki: The brain-changing benefits of exercise TED TALK https://www.youtube.com/watch?v=BHY0FxzoKZE</p> <p>What makes muscles grow? https://www.youtube.com/watch?v=2tM1LFFxeKg</p> <p>Cardio vs Strength Training https://www.youtube.com/watch?v=YvrKIQ_Tbsk</p> <p>What happens when you start exercising? https://www.youtube.com/watch?v=KEhbYNmY3N4</p> <p>The benefits of drinking water https://www.youtube.com/watch?v=2iccTWJ2dmU</p> <p>What is a balanced diet? https://www.youtube.com/watch?v=Ws7qOur3Tr0</p>

LISTEN

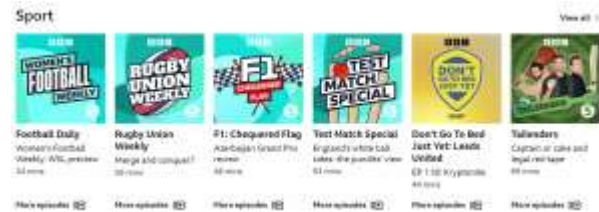


Workout playlist

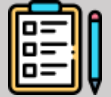
https://www.youtube.com/watch?v=cnRB2CgUpSw&list=PLSIMBKpRunwHb_PbtETW0t3wS36elyhz1

BBC sounds: Sport

<https://www.bbc.co.uk/sounds/podcasts>



DO



Jo Wicks

<https://www.youtube.com/watch?v=aojMiolyfto>

Female HIIT full body workout

<https://www.youtube.com/watch?v=hLVh5IBsCzk>

Pure Gym fitness plans

<https://www.puregym.com/blog/free-workout-plan-templates/#examples>

Complete a 2km/5km walk or run.

Listen to the workout playlist and create your own 20 minute full body workout.

BBC Bitesize skeletal and muscular systems

<https://www.bbc.co.uk/bitesize/guides/zv2hpg8/revision/1>

At home workouts

<https://www.muscleandstrength.com/workouts/home>