

SUMMER TASKS:

PE
YEAR 7



TASK ONE

Joe Wicks Workout – <https://youtu.be/IgQuWItwNv8>

Try and do this workout each week to bench mark your progress. You should note your scores down each week for squats, press ups (full or half), burpees completed in each minute before completing the whole body workout. Think about what will help you improve from week-to-week. We are looking forward to seeing those scores / improvements.

TASK TWO

GCSE PE Task - <https://cdn.britannica.com/07/192107-050-CE043374/anatomy-charts-human-body-muscle-systems-skeletal.jpg>

The image shows the human body from both front and rear views. Your challenge is to add 5 labels to each diagram. For example, where is the femur and the triceps?

TASK THREE

Something new? Try this Yoga workout to improve your flexibility and suppleness.

<https://youtu.be/b1H3xO3x Js>

How did you feel afterwards? If you enjoyed it try another one and encourage somebody from your home to join you.

TASK FOUR

Fitness Components Task

Fitness has many different elements to it. There are 10 fitness components (but some have more than one part to them) that we learn in GCSE PE. Produce a A3 or A4 poster including at least 6 of them with the following information – what they are, why they are important and some sports performers who heavily rely on them. For example what does Usain Bolt rely on?

TASK FIVE

With live sport now back on TV and many sports documentaries on Netflix and other streams your final task relates to this. You have to watch at least one event or documentary write either:

- 1) an in-depth match report – you will need to make notes whilst watching then write it up.
What was the best part of the match? Was there any controversy?
- 2) a one page summary of the documentary - key messages you took from it?