



Year 7 PE Home Learning Tasks

WEEK ONE

Subject	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	a7klf32	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station Apply progressive overload each repetition (make it hard through more time or less rest) Repeat the circuit to last at least 20 minutes in total Copy the correct technique (even when you are tired)</p>	See task outline		https://docs.google.com/document/d/17CUT5fS6Zn-TaMll-MzRq7jzZmAEiDnuixLGZiI1KI/edit On Google Classroom

WEEK TWO

Subject	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	a7klf32	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station Apply progressive overload each repetition (make it hard through more time or less rest) Repeat the circuit to last at least 20 minutes in total Copy the correct technique (even when you are tired)</p>	See task outline		https://docs.google.com/document/d/17CUT5fS6Zn-TaMll-MzRq7jzZmAEiDnuixLGZiI1KI/edit On Google Classroom

WEEK THREE

Subject	Google Classroom Code	Tasks (brief outline of what students should be doing this week)	Timing task?	Where to complete? Ex.book, paper GC, SMH	Link to where resources will be
Core PE	a7klf32	<p>TASK:</p> <p>Complete the circuit below using a space at home or outside. When completing the circuit you must:</p> <p>Record your heart rate after each station Apply progressive overload each repetition (make it hard through more time or less rest) Repeat the circuit to last at least 20 minutes in total Copy the correct technique (even when you are tired)</p>	See task outline		https://docs.google.com/document/d/17CUT5fS6Zn-TaMll-MzRq7jzZmAEiDnuixLGZiI1KI/edit On Google Classroom