



Year 8 PE Home Learning Tasks

| WEEK ONE | | | | | |
|-----------------------|--|--|---|---|---------------------|
| 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 | zpxplsm | <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</p> <p>Apply progressive overload each repetition (make it hard through more time or less rest)</p> <p>Repeat the circuit to last at least 20 minutes in total</p> <p>Copy the correct technique (even when you are tired)</p> | See task outline | https://docs.google.com/document/d/17CUT5fS6Zn_TaMII_MzRq7jzZmAEiDnuixLGZilZ1KI/edit | On Google Classroom |
| WEEK TWO | | | | | |
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