

PE and Health

September 2025

Year Group:	9, 10 and 11
Subject:	PE
Lesson 1:	Complete a physical activity for approximately 30 mins and take note of the changes your body is making in response to the exercise. Exercise suggestions: • 30min walk • Jog • Bike ride • Training for a sport you already do i.e. dance/football • Gym session Record what happens to your heart rate, breathing rate, body temperature, and muscles while you are working. Bonus-can you suggest reasons why your body is doing this? https://docs.google.com/document/d/11pNAZ_fLFW_Z1o_2wywEvqbR39_slHoCc7k891dBxJ8/edit?usp=sharing
<u>Lesson 2</u>	Complete a DIFFERENT physical activity for approximately 30 mins and take note of the changes your body is making in response to the exercise. Exercise suggestions: • 30min walk • Jog • Bike ride • Training for a sport you already do i.e. dance/football • Gym session Record what happens to your heart rate, breathing rate, body temperature, and muscles while you are working. Bonus-can you suggest reasons why your body is doing this? https://docs.google.com/document/d/11pNAZ_fLFW_Z1o_2wywEvqbR39_slHoCc7k891dBxJ8/edit?usp=sharing