

PE and Health

September 2025

Year Group:	9, 10 and 11
Subject:	PE
Lesson 1:	<p>Complete a physical activity for approximately 30 mins and take note of the changes your body is making in response to the exercise.</p> <p>Exercise suggestions:</p> <ul style="list-style-type: none">• 30min walk• Jog• Bike ride• Training for a sport you already do i.e. dance/football• Gym session <p>Record what happens to you heart rate, breathing rate, body temperature, and muscles while you are working.</p> <p>Bonus-can you suggest reasons why your body is doing this?</p> <p>https://docs.google.com/document/d/11pNAZ_fLFW_Z1o_2wywEvqbR39_slHoCc7k891dBxJ8/edit?usp=sharing</p>
<u>Lesson 2</u>	<p>Complete a DIFFERENT physical activity for approximately 30 mins and take note of the changes your body is making in response to the exercise.</p> <p>Exercise suggestions:</p> <ul style="list-style-type: none">• 30min walk• Jog• Bike ride• Training for a sport you already do i.e. dance/football• Gym session <p>Record what happens to you heart rate, breathing rate, body temperature, and muscles while you are working.</p> <p>Bonus-can you suggest reasons why your body is doing this?</p> <p>https://docs.google.com/document/d/11pNAZ_fLFW_Z1o_2wywEvqbR39_slHoCc7k891dBxJ8/edit?usp=sharing</p>