**KS3 PE Independent Sheet – Pupils can select any of the suggestions below. Feedback can be completed via SMHW**

**All years**

**COMING SOON…….\*Waseley Hills Virtual Sports Day\***

**ONLINE-Activities:**

The **Worcestershire School Games Activity Village** is an exciting programme of virtual competitions running during the summer term using sport to motivate and inspire young people to take part in friendly competition and with an opportunity to represent their school in the process and to feel part of a school team. These virtual events will culminate in our **Worcestershire Virtual School Games Week** taking place between Monday 6th – Friday 10th July. The Activity Village will be open for 4 weeks and will consist of a variety of virtual challenges. See via <https://www.activehw.co.uk/worcestershire-school-games> from (Tuesday 19th May). **Prizes:** All participants will receive an e-certificate, with the top 3 individuals receiving a placing e-certificate. The primary and secondary school with the highest percentage of participants in each competition will receive a Decathlon e-voucher.

**This Girl Can:** [www.activehw.co.uk/this-girl-can-online](http://www.activehw.co.uk/this-girl-can-online) a 2-week online free activity timetable for females, including lots for teenagers, for example yoga, Zumba, combat, etc

**Youth Sport Trust:**[www.youthsporttrust.org/free-home-learning-resources-0](http://www.youthsporttrust.org/free-home-learning-resources-0).

**Sport England:**[www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout).

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| **Collective challenges** **(see previous task sheet)*** Half marathon
* Full marathon
* John Ograts to Lands End
* Sahara Desert
* Climb Everest
 | **You Tube Work outs*** Les Mills: 28 day Body combat Challenge.

Starts at #1 an 8 min work out and works extending movement skill, intensity and time to #14 a 44 min work out. **#14 is my favourite one**<https://youtu.be/gid7mT-1YnY>or any Les Mills workout |  **Pyramid**Warm up with some jogging and arm swings-Stretch.30 Sit ups, 25 Squats20 Over head press-Boxing punches, 15 Russian Twists10 Burpees, 5 Press ups10 Burpees, 15 Russian twists20 overhead press-Boxing punches, 25 Squats30 sit upsSlow jogging to cool down- Stretches | **10 Min challenge*** Have a timer count down on 10 mins.
* Start a new exercise each minute. Once you complete the amount given, the rest of that minute is rest.
* Start new exercise as the next minute starts. Complete this for each round.

Round 1. Burpees x 10 Round 2-Sit ups x 20. Round 3- 10 Press ups. Round 4-Gun jumps x 25. Round 5-Boxing punches x 30. Round 6-squats x 25. Round 7-Russian twists x 20. Round 7-Tuck Jumps x 15. Round 8-Boxing punches x 30. Round 9-Dead men (lay on back stand up-lay on front-stand up) Round 10- V sits x 2\*Extend exercises and rounds by 2 each day | **Football Challenges****Learn to do “ Around the World”**[**https://youtu.be/Dyrs8Wh-1JY**](https://youtu.be/Dyrs8Wh-1JY)**Learn to do “ The Neck Catch”**[**https://youtu.be/j-Wy\_3Vq7gs**](https://youtu.be/j-Wy_3Vq7gs)**Learn to do “ The Copenhagen AKA”****Learn to do “ The Heel Revolution”**[**https://youtu.be/mr4As\_TBBSY**](https://youtu.be/mr4As_TBBSY)**Learn to do “ The popcorn flick”**[**https://youtu.be/HsJJESbc9mw**](https://youtu.be/HsJJESbc9mw) | **Basketball Challenges****Learn to do “ Hand movement Skills”**<https://youtu.be/eClO2dxq_Fw>**Learn to do “ Scissor Dribble”**[**https://youtu.be/\_2ilnbFmPJ0**](https://youtu.be/_2ilnbFmPJ0) |

1. Jogg and time yourself for 1 mile and try and beat your time each day. 2) Run, jog and walk 1 mile and use lampposts to change speeds.