**KS3 PE Independent Learning Activity Sheet – Pupils or parents pick activities for the day.**

**KS3**

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| Perform your homework out exercises | Watch a sported related biography and write a summary on your opinion of them as a role model. Christiano Rolnaldo is a good example. | Plan a 15 minute workout / stretch activity you can complete daily. Complete your activities every day. | Consider jobs in sport. Think about all the jobs in Sport. What skills and attributes do you think 3 of these jobs would need. | Develop your own superhero. Draw the superhero and then label their superpowers – explaining why these would benefit them in sport by stating how they make your skills better. |
| Write a story of a child in Africa who no sports equipment and how he wishes a charity would visit the village with a football and some kits. Be creative and descriptive. | Make a mind map of one of the units/topics you have completed in a sport of your choose. Try to include as many interesting facts/details as possible. You could do this with words and sketches. | Go for a family walk up Waseley or Lickey Hills. Take some photos. | Write a speech about the cancellation of the premier league. Imagine you have been asked to share this with a group of primary pupils. Practise your presentation – you could record it. | Watch the news and discuss how the current situation affects peoples ability to exercise. What can they do to keep active? |
| Watch a sports documentary on the television and write a brief summary of the issues and solutions discussed in it. | Keep a diary of how you demonstrated the 5Rs each day during a PE lesson. (Responsible, Reasoning, Resilient, Reflective, and Resourceful). | The New Zealand Rugby Team have the Famous war dance. The HAKA- design your own HAKA | Design a work out for all the letters of the alphabet. Then go through it using your first and second name.  A-Press Ups  B-Squats  C-Shadow boxing | For three sports select some skills and explain how to perform them.  List some rules and what they mean. |
| Do 4 reps of ten different exercises e.g. star jumps? Consider the impact this workout has had on the body; take your pulse before and after the activity. Consider the impact this exercise has on the mind, rate your happiness level before and after the exercise. | Look at products in your home and create a list of those which are labelled as high in FAT, SUGAR or SALT.  For all those that are not are can you think of a healthy alternative | Watch a sports related film and design a DVD cover or film poster for it. Have catchy slogans about its sporting content. | Help to cook a meal and use the food wheel to evaluate how it Provides energy and muscle repair for performance? | Add exercises to your workout   * Garden running * Press Ups * Skipping |