



Northcott PE

Every two weeks we will create learning activities to access at home around a Physical Education. Pupils can choose from the activities below, or they can create their own and share their projects with their teacher or on twitter. We will be putting regular video updates on the schools website to give you some ideas to get you started. The investigations have been designed to be fun and hands-on, so give it a go! This week we will be looking at *Exercise*.

Exercise

- Exercise is performing a physical activity to develop physical fitness, such as *Strength, Flexibility and Endurance*.
- Completing exercise or physical activities are very important as they help you to stay fit and healthy and also have positive effects on your mental health.
- Exercise and Physical activity can be completed in lots of different ways from going for a walk and riding your bike to playing football and performing different exercises like push ups etc.

Quiz

1) How long should a child exercise for each day?, is it:

- a) 20 minutes
- b) 40 minutes
- c) 60 minutes

2) Can you name 2 different forms of 'Cardio' exercise?

Extension - Which part of the body does 'Cardio' exercise improve?

3) Your heart rate is the amount of times your heart beats in 1 Minute. You can work out your maximum heart rate using this simple calculation:

$$220 - (\text{your age}) = \text{max HR}$$

Work out your maximum heart rate.



Challenges

1) Design and complete your own obstacle course, this can be done in your garden or any room indoors.

2) Go for a walk or play a ball game with a member of your household.

3) Complete an online exercise class



Research and Links

You can use any resources you like to answer the quiz such as the internet.

Useful links:

<https://www.youtube.com/user/thebodycoach1>



Remember to check out the videos on the schools website. Looking forward to seeing and hearing about your activities! Send your pictures, or video to school via the school email: northcott4parents@hotmail.com or upload onto Twitter and tag @Northcottschool