


<p style="text-align: center;"><b>13.2</b></p> <p><b>L.O.- understand your emotions. Know what things you can do to help your well-being.</b></p> <p><b>Task 1 – list five things that make you happy and five things that make you sad.</b></p> <p><b>Task 2 – list two things that you can do when you feel sad to help lift your mood.</b></p> <p><b>Task 3 – do one thing from your happy list (task 1).</b></p>	<p style="text-align: center;"><b>13.1</b></p> <p><b>L.O. develop your understanding of stress and change.</b></p> <p><b>Task 1-identify and list stressful situations. Count how many involve a change in your life.</b></p> <p><b>Task 2- Find out how you can be proactive in reducing stress. Eg planning, visits, choice.</b></p> <p><b>Task 3- List the ways you can combat the effects of stress. Trial 2 methods and comment on how they helped.</b></p>	<p style="text-align: center;"><b>12.1</b></p> <p style="text-align: center;"><b>Please find Activities below</b></p>
<p style="text-align: center;"><b>12.2</b></p> <p><b>LO- develop planning and organisational skills</b></p> <p><b>Task 1 – plan a day out somewhere in the UK. What will you need to organise?</b></p> <p><b>Task 2 – you're going for a meal out. Plan your personal care and what to wear.</b></p> <p><b>Task 3 – you're going to cook tea. What do you need to do?</b></p>	<p style="text-align: center;"><b>College KS5</b></p> <p style="text-align: center;"><b>Home Learning</b></p> <p style="text-align: center;"><b>Passport</b></p> <div style="text-align: center;">  <p><b>Oakfield</b> HIGH SCHOOL &amp; COLLEGE</p> </div>	

## Home workouts – warm up

**Task: Complete this 5 minute warm up:**

- 30 seconds marching on the spot.
- 30 seconds high knees.
- 30 seconds heel flicks
- 30 seconds star jumps
- 1 minute up and down the stairs
- 30 seconds squats
- 30 seconds lunges
- 30 seconds arm swings forwards
- 30 seconds arm swings backwards



## 10-minute home workouts

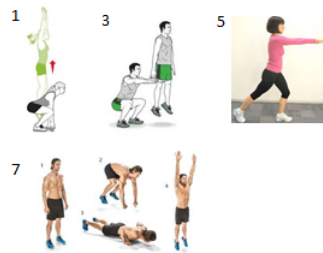
**Do Now:** Warm up routine

1. Rocket jumps (2 sets of 20 repetitions) – *feet hip-width apart, jump up and drive hands above head, land softly.*
2. Recovery – *jog on the spot for 45 seconds.*
3. Squat jumps (2 sets of 20 repetitions) – *feet hip-width apart, squat down with head up and heels on the floor, jump up and drive hands above head, land softly.*
4. Recovery – *jog on the spot for 45 seconds.*
5. Tap backs (2 sets of 20 repetitions) – *step back with right leg and swing both arms forward then repeat in a continuous rhythmic movement.*
6. Recovery – *jog on the spot for 45 seconds.*
7. Burpees (2 sets of 20 repetitions) – *start in a standing position, drop into a squat with hands on the ground, kick feet back into push up position, jump back into squat and jump up.*

**Cool down with the stretch routine.**

### AEROBIC ENDURANCE

Or stamina, is the ability to exercise continuously for extended periods without tiring.



## 10-minute home workouts

**Do Now:** Warm up routine

1. Squats (2 x 20 repetitions) – *Keep your back straight, don't let your knees extend over your toes.*
2. Sit ups (2 x 20 repetitions) – *Keep your feet on the ground, cross your arms over your chest.*
3. Lunges (2 x 20 repetitions) – *stand in a split stance, keep your head up, bend until leg is at a right angle.*
4. Leg raises (2 x 20 repetitions) – *lie on your back, hands under your bottom, raise legs up, keep legs straight, lower back down until just off the ground and repeat.*
5. Calf raises (2 x 20 repetitions) – *slowly lift onto your tip toes, hold for 3 seconds and then slowly lower your heels down.*
6. Bridges (2 x 20 repetitions) – *lie on your back, knees bent and heels close to bottom, raise your hips upwards and tighten your abdominals, gently lower.*
7. Ankle touches (2 x 20 repetitions) – *lie on your back, keep your head and neck stable, plant your feet on the floor and try to touch your ankles.*

**Cool down with the stretch routine.**

### MUSCULAR ENDURANCE

Ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.



## 10-minute home workouts

**Do Now:** Warm up routine

1. Press-ups (2 x 20 repetitions) – *Bend at your elbows, lower your chest and push back up.*
2. Tricep dips with chair (2 x 20 repetitions) – *Lift your hips off the floor, bend your elbows and lower your body down.*
3. Shoulder press (with weights/tins/water bottles) (2 x 20 repetitions) – *Slowly extend arms above head then lower to shoulder height and repeat.*
4. Bicep curls (with weights/tins/water bottles) (2 x 20 repetitions) – *slowly bend at the elbows keeping them tucked into your sides, raising the weights to your shoulders.*
5. Lateral raises (with weights/tins/water bottles) (2 x 20 repetitions) – *Slowly raise both arms, keeping them straight up to shoulder height with palms facing down.*
6. Goblet squats (with weights/tins/water bottles) (2 x 20 repetitions) – *Keep your back straight don't extend your knees over your toes.*

**Cool down with the stretch routine.**

### MUSCULAR STRENGTH

The amount of force a muscle can produce with a single maximal effort.



## 10-minute home workouts

**Do Now:** Warm up routine

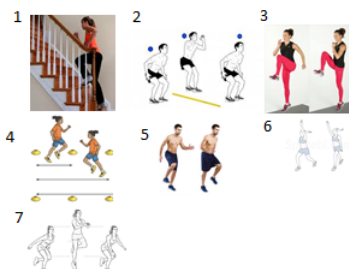
1. Stair runs (2 x 10 repetitions) – *Running up and down the stairs as quickly as you can.*
2. Speed bounces (2 x 20 repetitions) – *Quick jumps from side to side, landing softly.*
3. High knees (2 x 20 repetitions) – *Knees lifted to waist high, balls of your feet.*
4. Shuttle runs (wall to wall) (2 x 20 repetitions) – *head up and quick turns.*
5. Football sprints (2 x 10 repetitions) – *Starting in press up position, jump up and sprint for 10 seconds then repeat.*
6. Scissor steps (2 x 20 repetitions) – *Quick feet alternating from front to back, head up.*
7. Single leg hops (2 x 20 repetitions) – *hopping two to the left and two to the right then repeat. Don't forget to switch legs.*

**Cool down with the stretch routine.**

### SPEED and AGILITY

**Speed** is the distance travelled per unit of time.

**Agility** is the ability to change direction at speed without losing balance.



## 10-minute home workouts

**Do Now:** Warm up routine

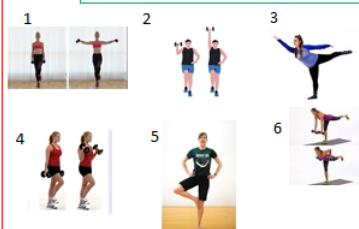
1. Single leg lateral raises (with weights/tins/water bottles) (2 x 10 repetitions on each leg)
2. Single leg shoulder press (with weights/tins/water bottles) (2 x 10 repetitions on each leg)
3. Arabesque hold for 10seconds (5 repetitions on each leg)
4. Single leg bicep curl (with weights/tins/water bottles) (2 x 10 repetitions on each leg)
5. Standing stork hold for 10 seconds (5 repetitions on each leg)
6. Single leg upright row (with weights/tins/water bottles) (2 x 10 repetitions on each leg)

**Cool down with the stretch routine.**

### COORDINATION and BALANCE

**Coordination** is the ability to control two or more limbs to create movement.

**Balance** is the ability to hold your centre of mass over a base of support.



# 10-minute home workouts

**Do Now:** Warm up routine

1. Starjumps (2 x 20 repetitions) *make sure you bring your hands together above your head.*
2. Jogging on the spot
3. Jumping lunges (2 x 20 repetitions) *Start standing with your feet hip-width apart, bend your knees then jump up into the air bringing your right leg forward, and left leg goes back so that you land in a lunge position.*
4. Jogging on the spot
5. Burpees (2 x 20 repetitions) *start in a standing position, drop into a squat with hands on the ground, kick feet back into push up position, jump back into squat and jump up.*
6. Jogging on the spot
7. Squat jumps (2 x 20 repetitions) *Lower down into a squat position then jump up into the air as high as you can and straighten out your legs.*
8. Jogging on the spot
9. Plyometric push ups (2 x 20 repetitions) *Start in high plank position. Bend arms and lower your chest to the floor. As you press yourself back up, push off the floor bringing your hands off the floor, then land back on the floor with soft elbows.*

**Cool down with the stretch routine.**

## POWER

Power is the ability to exert a maximal force in as short a time as possible.



# Home workouts – cool down stretch routine

**Task: Complete this 5 minute stretch routine:**  
**Each stretch should be held for at least 20 seconds**

- Gluteus maximus (bottom) stretch
- Hamstring (back of leg) stretch
- Inner thigh stretch
- Calf stretch
- Quadriceps (thigh) stretch
- Latissimus dorsi (back) stretch
- Pectorals (chest) stretch
- Biceps (front of arms) stretch
- Triceps (back of arms) stretch
- Trapezius (neck) stretch



## Olympics Quiz

What country did the Olympics start in and when? Label and name the actual location in the country below:



Can you name some of these ancient greek olympic sports?



Name the athlete, their sport and country:



Draw and colour in the Olympic rings below in the official colours. Why are they these colours? Who invented them?



'Citius, Altius, Fortius' What does this motto of the Olympics mean?

Link the city with a line to the year it held the Olympics:

London 2000

Athens 2008

Sydney 2012

Beijing 2004

What is the difference between track and field events? List some of the main events under each category:

Track



Field



