



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# Physical Education Home Learning - 9A

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By Mr J Darnell

# Basic Learning in Physical Education

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The purpose of PE at Oakwood is to contribute to positive mental and physical health, developing key life skills in order to embed lifelong participation in physical activity."

Key learning in Physical Education at home can involve pupils:

- Developing Physical & Mental Well-Being.
- Engagement in Fitness Challenges
- Developing PE / Sports Understanding.





# Learning Task 1 - Physical Education

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- Go for (at least) a one-mile jog outside.
- Download an app (Map My Run, Nike Run, Fitness Track) to track your distance and time - send a screenshot of your walk to Mr Darnell via Class Dojo.

## Why?

Jogging is a simple and effective way of improving your physical and mental health.



# Learning Task 2 - Physical Education

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- Complete a Body Coach Workout (Joe Wicks) on YouTube.
- Find his page by following this link  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

## Why?

HIIT workouts are a quick way of improving your general fitness and burning lots of calories. You don't need any special equipment, just a flat surface, 20 minutes of your time, and lots of energy!





# Learning Task 3 - Physical Education

- **Create Your Own Sports Team**

- Consider the following:

- *Creating a team name.*
- *Creating a nickname.*
- *Creating a badge.*
- *Creating a slogan.*
- *Creating a song.*

- **Extension - If you want to challenge yourself further, write a fictional story about your sports team. Be as imaginative as possible!**

