



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

# Physical Education Home Learning- Willows

---

By Mr Darnell

# Basic Learning in Physical Education

---

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

---

- Go for (at least) a one-mile walk 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?

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



# Learning Task 2 - Physical Education

---

- 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

---

- Research and explain three important rules from your favourite sport.
- If you don't have a favourite, choose one of the options below:

Football, Boxing, Basketball, Netball, Cricket, Tennis, Badminton

## Why?

We will be trying out lots of different sports in your PE lessons. Understanding the rules when you play these sports will make it much easier for you.

