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| Create a poster that shows all the items of kit you will need for PE at Mount Carmel. | Write a letter to your PE teacher explaining what you enjoy about sport. | Complete the Jo Wicks HIIT training session Below  https://www.youtube.com/watch?v=Rz0go1pTda8 | Research how to take your heart rate and create a PowerPoint to teach your parents how to do it. |
| See how many times you can catch a ball in one minute | Design an information poster on how to take your own heart rate. | Write a letter to your PE teacher explaining why you should be Sports Captain for Yr 7. | You are a commentator for Sky Sports, find a clip from YouTube of your favourite sporting moment and record a commentary |
| Write a letter to your PE teacher explaining what sports you have played before. | See how many star jumps, sit ups and press ups, you can complete in 1 minute. | Take the resting heart rates of the people who you live with, and discuss why they may be different.  Write your ideas down and send them to your teacher. | Create a graph to show the difference in your resting and working heart rate. Take your heart rate before you exercise, then once you stop and every minute after till your heart rate returns to resting. |
| Create a poster explaining the Short-Term Effects of Exercise. | Design a PowerPoint that explains the Short-Term Effects of Exercise. | Imagine you are Usian Bolt, write a paragraph explaining what happens to his body as soon as he starts to run, | Design and complete your own HIIT training session. (the session should last for 30 Mins) |

Year 7 Home Learning Chilli Challenge

Please complete two activities for every lesson that you miss, you can email your pictures, video and written work to your teacher on the following emails.