



Year 7 PE Summer Tasks!

Below are some video lessons that members of the PE Department have prepared for you to watch and join in!

(Do not worry about trying to email or send in your results!)

- **Aerobics with Mrs Cross, follow the link:-**
<https://www.youtube.com/watch?v=UujaOPum1bA>



- **What happens to your heart rate during exercise with Mr Unsworth, follow the link:-**

<https://www.youtube.com/watch?v=NN06eUuoJ5g>



- **Coordination Skills with Miss Rudge, follow the link:-**
- <https://www.youtube.com/watch?v=pxmo83fIPwc>



If you enjoyed these lessons you can find more lessons at:-

#ThisIsPE!

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Videos supporting parents to teach PE at home.

Videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.



Fitness Blender

<https://www.fitnessblender.com/>

Videos featuring a range of exercises and workouts. You can choose exercises by degree of difficulty, type, gender and whether equipment is needed or not.

