



Eden Boys

Home learning for all students in PE



Mr. W. Ahmed and Mr. S. Ahmed look forward to welcoming you back in September. On return you will be completing a physical assessment in your PE lesson that will test different skills related components of fitness. In **Year 7** we will concentrate on **speed and coordination**; in **Year 8 balance and reaction time**; in **Year 9 speed and agility** and in **Year 10 power and agility**. In preparation for this complete as many of the activities below, as frequently as possible, over the summer holiday period.

Complete the Joe Wicks workouts! https://www.youtube.com/user/thebodycoach1	Get moving with yoga for kids and teens! https://www.youtube.com/watch?v=7kgZnJqzNaU	Go for a walk/jog or run in the local park!
Create a safe indoor obstacle course and work your way through it!	Practice your football skills! https://www.youtube.com/watch?v=y1d_uHGQso	Practice your cricket skills! https://www.youtube.com/watch?v=6_FlpnHKYSk&list=RDQMWRbNnImuCOY&start_radio=1
Practice your rugby skills! https://www.youtube.com/watch?v=DgNCmqXOIOs	Practice your basketball skills! https://www.youtube.com/watch?v=2IFq7T6pmu8	Make up your own mini sport at home using the equipment you have and play with a family member!
Read your Salah on time everyday!	Go for a bike ride in the local park!	Create your own workout routine at home and get at least one member of your family to join you!